

DANSA

FUNCIONAL

CYCLING

POSTURAL

PISCINA

TONIFICACIÓ

CARDIO

BODYPUMP 

Sala	Hora
1	07:00h - 07:50h
2	07:00h - 07:50h
FIT	07:00h - 07:50h
1	08:10h - 09:00h
2	08:10h - 09:00h
1	09:10h - 10:00h
2/FIT	09:30h - 10:20h
1	10:10h - 11:00h
FIT	10:25h - 10:40h
MOD	10:15h - 10:45h
1	11:10h - 12:00h
PIS	11:30h - 12:15h
1	12:10h - 13:00h
PIS	12:15h - 13:00h
1/FIT	13:30h - 14:20h
2	13:30h - 14:20h
PIS/2	13:45h - 14:35h
1	14:00h - 14:50h
1	15:10h - 16:00h
MOD	18:30h - 19:00h
1	18:30h - 19:20h
2	18:30h - 19:20h
MOD/FIT	19:00h - 19:25h
PIS	19:10h - 20:00h
MOD	19:30h - 20:30h
1	19:30h - 20:20h
2	19:30h - 20:20h
MOD	20:00h - 21:00h
FIT	20:25h - 20:40h

Dilluns 31/12	
YOGA	Carme
CYCLING	Neus
PILATES	Carme
Zumba	Elena
FUNCIONAL 30'	Neus
BODY COMBAT	Neus
HIOPRESSIUS	Elena
GENTLE YOGA	Elena
PILATES	Elena
CYCLING	Edu
Zumba	Silvia

HORARIO PRE-FESTIVO 6,45/19,00

Sala Fitness  
8,30/9,30: Neus  
13,30/16,00: Adrià  
17,00/19,00 : Adrià

Sala	Hora
1	10:15h - 11:00h
2	10:30h - 11:20h
1	11:15h - 12:00h
FIT	11:25h - 11:40h

Dissabte 5/1	
TBC	Sandra
CYCLING	Francesco
PILATES/BALANCE	Sandra
EXPRES ABDOMEN 15'	Francesco

Sala Fitness  
10,00/10,30

Dimarts 1/1

GIMNASIO CERRADO

Diumenge 6/1

GIMNASIO CERRADO

Dimecres 2/1	
PILATES	Edu
CYCLING	VIRTUAL
CARDIOFITNESS	Neus
CIRCUIT TRAINING	Carme
GAC	Francesco
GLUTEO 10 30'	Neus
TBC	Neus

PILATES Francesco

FUNCIONAL 30'	Francesco
CYCLING	VIRTUAL
TONIFICACIÓ	Neus

VINYASA YOGA	Eulalia
TBC	Sandra
CYCLING	VIRTUAL
FUNCIONAL 30'	Edu
AIGUAGYM	Neus
GLUTEO 10 30'	Sandra
ZUMBA	Silvia
CYCLING	Edu
VINYASA YOGA	Eulalia
EXPRES ABDOMEN 15'	Edu

Sala Fitness  
8,00/9,30: Neus  
13,30/16,00: Adrià  
17,00/19,00 : Edu  
19,00/21,00: Adrià

Dijous 3/1	
FUNCIONAL	Carme
BODY PUMP	Sandra
ZUMBA	Sandra

AIGUAFITNESS Sandra

PILATES	Sandra
CYCLING	Sergi
AIGUAGYM	Montse

BODYPUMP Neus

FLEXI CRACK	Sergi
BODY COMBAT	Neus
CYCLING	VIRTUAL
FUNCIONAL 30'	Francesco
NATACIÓ ADULTS	Montse
PILATES	Sergi

CYCLING Neus

EXPRES ABDOMEN 15' Neus

Sala Fitness  
13,30/16,00: Edu/Sergi  
17,00/18,30 : Sergi  
18,30/21,00: Adrià

Divendres 4/1	
TONIFICACIÓ	Neus
CYCLING	Edu
TBC	Neus
DANCE & TONO	Silvia
CYCLING	Neus
PILATES	Sandra
EXPRES ABDOMEN 15'	Neus

GENTLE YOGA Sandra

GIM SUAU Francesco

BODYPUMP Francesco

GAC Sandra

GENTLE YOGA	Eulalia
BODYPUMP	Sandra
CYCLING	VIRTUAL

FLEXI CRACK Sandra  
CYCLING Francesco

EXPRES ABDOMEN 15' Francesco

Sala Fitness  
8,00/9,30: Edu  
13,30/15,00: Sandra  
17,00/21,00 : Adrià

