

ACTIVITATS DIRIGIDES A PARTIR 8 GENER

Dilluns			Dimarts			Dimecres			Dijous			Divendres			Dissabte		
6:45	Funcional Hiit	S	6:45	Body Art	M	7:00	Aqua Activa't	P	6:45	Body Pump	D	8:00	Aqua Activa't	P	9:00	Aqua Total Body	P
7:35			7:35			7:50			7:35			8:50			9:50		
8:00	Aqua Activa't	P	8:00	Aqua Step	P	9:00	Aqua Hiit	P	8:00	Aqua Dance	P	9:00	Aqua Total Body	P	9:00	Ishta loga	D
8:50	Aqua Total Body	P	8:50	Aqua Dance	P	9:50	Step Funcional	D	8:50	Aqua Step	P	9:50	Body Combat	D	9:50	Body Pump	D
9:00			9:00			10:20			9:00			10:20			9:30		
9:30	Body Pump	D	9:30	Cross Dir	B	9:30	Ishta loga	M	9:30	Barre	M	9:30	Vini loga	M	11:00	Cross Dir Megawood	S
10:20	Vini loga	M	10:20	Cuida't Ritmes	D	10:20	Pilates Garuda	D	10:20	Hipopressius	D	10:20	loga en Cadira	D	11:50		
9:30			9:30			10:30			10:30			11:20			10:30	11:20	
10:30	Pilates Mat	D	10:30	Fit d'Or	D	11:30	Esquena i Postura	D	11:30	Pilates Mat	D	11:30	Aqua Hiit	P			
11:20	Funcional + Suspensió	B	11:20	Aqua Hiit	P	12:20	Aqua FitBoard	P	12:20	Body Pump	D	12:20	Body Combat	D			
13:45			11:30			13:45			13:45			14:35			13:45	18:05	
14:35	Jambox	B	13:45	Ishta loga	D	15:45	Body Pump	D	15:45	Bootcamp	D	18:15	Spin Dir	S			
15:45	Jambox	B	14:35	Cross Dir	B	16:35	Cross Dir	B	16:35	Aqua Step	P	18:05	Body Pump	D			
16:35			15:45			17:15			16:15			18:05			17:15	19:05	
18:15	Zumba	D	16:15	Aqua Hiit	P	18:15	Bootcamp	B	17:15	Zumba	M	19:15	Cross Dir	B			
19:05			17:05			19:05			18:15			19:05			18:00	20:15	
18:15	Body Art	M	17:15	Body Pump	D	18:15	Zumba	D	18:15	Step Funcional	D						
19:05	Aqua Dance	P	18:15	Barre	M	19:05	Ishta loga	M	19:05	Esquena i Postura	M						
19:15			18:15			19:15			18:15			19:05	18:15	19:05			
19:15	Ishta loga	M	18:15	Pilates Garuda	D	19:15	Hipopressius	D	18:15	Cross Dir	B						
20:05	SpinDir	S	19:05	Full Body Cycle	S	20:05	Funcional + Suspensió	B	19:05	Body Art	M						
20:05			18:15			19:15			20:05			19:15	20:05	20:15			
19:15	Cross Dir	B	19:15	Viny loga	M	19:15	Aqua Hiit	P	19:15	Full Body Cycle	S						
20:05			19:15			20:05			19:15			20:05	19:15	20:05			
20:15	Body Pump	D	19:15	Body Combat	D	20:15	SpinDir	S	20:15	Pilates Mat	M						
21:05			20:05			21:05			21:05								

Tipologia Sessions

Aquàtiques 

Musculars 

Alta Intensitat 

Baixa Intensitat 

Cuida't 

Ball 

Llegenda Sales

Piscina **P**

Sala Dirigides **D**

Sala Spin DiR **S**

Sala Moviment **M**

Box **B**