

# DiRGIMBE

#ElGimnàsDelBages

ACTIVITATS DIRIGIDES A PARTIR 2 ABRIL

Dilluns			Dimarts			Dimecres			Dijous			Divendres			Dissabte		
6:45	Hiit	B	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 Hiit	P	9:00	Aqua Hiit	P	8:00	Aqua Dance	P	9:00	Aqua Total Body	P	9:00	Ishta loga	D
8:50			8:50			9:50			8:50			9:50			9:50		
9:00	Aqua Total Body	P	9:00	Aqua Dance	P	9:30	Jambox	B	9:00	Aqua Hiit	P	9:30	Hiit	B	10:00	Body Pump	D
9:50			9:50			10:20			9:50			10:20			10:50		
9:30	Body Pump	D	9:30	Cross Dir	B	9:30	Ishta loga	D	9:30	Ballet Tono	M	9:30	Vini loga	M	11:00	Cross Dir Megawood	B
10:20			10:20			10:20			10:20			10:20			11:50		
9:30	Vini loga	M	9:30	Zumba	D	10:30	Pilates Garuda	D	9:30	Body Combat	D	10:30	loga en Cadira	D			
10:20			10:20			11:20			11:20			11:20					
10:30	Pilates Mat	D	10:30	Fit d'Or	D	11:30	Esquena i Postura	D	10:30	Hipopressius	D	11:30	Aqua Hiit	P			
11:20			11:20			12:20			11:20			12:20					
13:45	Hiit	B	11:30	Aqua Dance	P	13:45	SpinDir	S	11:30	Pilates Mat	D	15:45	SpinDir	S			
14:35			12:20			14:35			12:20			16:35					
15:45	Jambox	B	13:45	Ishta loga	D	15:45	Body Pump	D	13:45	Body Pump	D	17:15	Body Combat	D			
16:35			14:35			16:35			14:35			18:05					
18:15	Jambox	B	15:45	Bootcamp	B	17:15	Cross Dir	B	15:45	Cross Dir	B	18:15	Body Pump	D			
19:05			16:30			18:05			16:35			19:05					
18:15	Zumba	D	16:15	Aqua Hiit	P	18:15	Bootcamp	B	16:15	Aqua Total Body	P	19:15	Cross Dir	B			
19:05			17:05			19:05			17:05			20:05					
18:15	Body Art	M	17:15	Body Pump	D	18:15	Zumba	D	17:15	Zumba	D						
19:05			18:05			19:05			18:05								
19:15	Aqua Dance	P	18:15	Barre Tono	M	18:15	Ishta loga	M	18:15	Esquena i Postura	D						
20:05			19:05			19:05			19:05								
19:15	Ishta loga	M	18:15	Pilates Garuda	D	19:15	Hipopressius	D	18:15	Cross Dir	B						
20:05			19:05			20:05			19:05								
19:15	SpinDir	S	18:15	Full Body Cycle	S	19:15	Jambox	B	18:15	Funcional Step	D						
20:05			19:05			20:05			19:05								
19:15	Cross Dir	B	19:15	Viny loga	M	19:15	Aqua Hiit	P	19:15	Full Body Cycle	S						
20:05			20:05			20:05			20:05								
20:15	Body Pump	D	19:15	Body Combat	D	19:15	Body Pump	D	19:15	Body Art	M						
21:05			20:05			20:05			20:05								
			20:15	Cross Dir	B	20:15	SpinDir	S	20:15	Pilates Mat	M						
			21:05			21:05			21:05								

Tipologia Sessions

Llegenda Sales

Aquàtiques ■

Piscina **P**

Musculars ■

Sala Dirigides **D**

Alta Intensitat ■

Sala Spin DiR **S**

Baixa Intensitat ■

Sala Moviment **M**

Cuida't ■

Box **B**

Ball ■

DiR Gimbe es reserva el dret a modificar l'horari o canviar qualsevol de les classes programades