

DiRGIMBE

#ElGimnàsDelBages

ACTIVITATS DIRIGIDES - Del 1 al 28 de Juliol

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

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**

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

