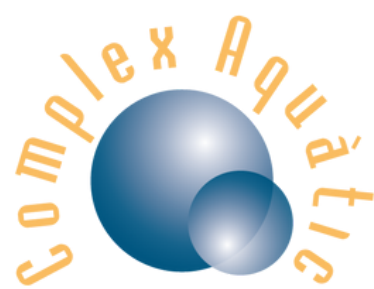


HORARI ACTIVITATS DIRIGIDES



AJUNTAMENT VILAFRANCA DEL PENEDÈS

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:00	LES MILLS BODYBALANCE ●●○○○	CYCLING ●●●●○	LES MILLS BODYPUMP ●●●●○	CYCLING ●●●●○	GAC ●●●○○	
8:00	CYCLING ●●●●○		CYCLING ●●●●○		CYCLING ●●●●○	
9:15	GYMGLOBAL ●●●●○	LES MILLS BODYPUMP ●●●●○	GAC ●●●○○	LES MILLS BODYPUMP ●●●●○	LATINO ●●●○○	CYCLING ●●●●○
10:15	CORE ●●○○○	STRETCH ●○○○○	WOD ●●●●●	CORE ●●○○○	STRETCH ●○○○○	LES MILLS BODYPUMP ●●●●○
11:15	LATINO ●●●○○		RUNNING ●●●○○			CORE ●●○○○
12:00		CYCLING ●●●●○		CYCLING ●●●●○		
13:45	CYCLING ●●●●○	CARDIOBOX ●●●●●	LES MILLS BODYBALANCE ●●○○○	LATINO ●●●○○	GYMGLOBAL ●●●●○	
15:15	WOD ●●●●●	LES MILLS BODYBALANCE ●●○○○	CARDIOBOX ●●●●●	LES MILLS BODYPUMP ●●●●○	LES MILLS SH'BAM ●●●●○	
17:15	GAC ●●●○○	CYCLING ●●●●○	LES MILLS BODYPUMP ●●●●○	CYCLING ●●●●○	WOD ●●●●●	
18:15	LES MILLS BODYBALANCE ●●○○○	GYMGLOBAL ●●●●○	CORE ●●○○○	STRETCH ●○○○○	CARDIOBOX ●●●●●	
19:15	LES MILLS BODYPUMP ●●●●○ RUNNING ●●●●○	CROSS TRAINING ●●●●●	CYCLING ●●●●○ RUNNING ●●●●○	LES MILLS SH'BAM ●●●●○	LES MILLS BODYPUMP ●●●●○	
20:15	CYCLING ●●●●○ STRETCH ●○○○○	CORE ●●○○○	LATINO ●●●○○	CROSS TRAINING ●●●●●	CYCLING ●●●●○	

●○○○○
Intensitat baixa

●●○○○
Intensitat baixa - mitja

●●●○○
Intensitat mitja

●●●●○
Intensitat mitja - alta

●●●●●
Intensitat alta

CAL RESERVA PRÈVIA EN LES ACTIVITATS DE CYCLING I CROSSTRAINING