

HORARI ACTIVITATS DIRIGIDES



	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
6:10	CYCLING VIRTUAL ●●●●○		CYCLING VIRTUAL ●●●●○		CYCLING VIRTUAL ●●●●○		
7:00	LES MILLS BODYBALANCE ●●●●○	CYCLING ●●●●○	LES MILLS BODYPUMP ●●●●○	CYCLING ●●●●○	GAC ●●●●○		
8:00	CYCLING ●●●●○	CYCLING VIRTUAL ●●●●○	CYCLING ●●●●○	CYCLING VIRTUAL ●●●●○	CYCLING ●●●●○		
9:15	GYMGLOBAL ●●●●○	LES MILLS BODYPUMP ●●●●○	GAC ●●●●○	LES MILLS BODYPUMP ●●●●○	LATINO ●●●●○	CYCLING ●●●●○	
10:15	CORE ●●●●○	STRETCH ●●●●○	WOD ●●●●○	CORE ●●●●○	STRETCH ●●●●○	LES MILLS BODYPUMP ●●●●○	CYCLING VIRTUAL ●●●●○
11:15	LATINO ●●●●○		RUNNING ●●●●○ CYCLING VIRTUAL ●●●●○		CYCLING VIRTUAL ●●●●○	CORE ●●●●○	
12:00	CYCLING VIRTUAL ●●●●○	CYCLING ●●●●○	CYCLING VIRTUAL ●●●●○	CYCLING ●●●●○	CYCLING VIRTUAL ●●●●○	CYCLING VIRTUAL ●●●●○	CYCLING VIRTUAL ●●●●○
13:45	CYCLING ●●●●○	CARDIOBOX ●●●●○	LES MILLS BODYBALANCE ●●●●○	LATINO ●●●●○	GYMGLOBAL ●●●●○		
15:15	WOD ●●●●○	LES MILLS BODYBALANCE ●●●●○	CARDIOBOX ●●●●○	LES MILLS BODYPUMP ●●●●○	LES MILLS DANCE ●●●●○		
16:00	CYCLING VIRTUAL ●●●●○	CYCLING VIRTUAL ●●●●○	CYCLING VIRTUAL ●●●●○	CYCLING VIRTUAL ●●●●○	CYCLING VIRTUAL ●●●●○	CYCLING VIRTUAL ●●●●○	
17:15	GAC ●●●●○	CYCLING ●●●●○	LES MILLS BODYPUMP ●●●●○	CYCLING ●●●●○	WOD ●●●●○		
18:15	LES MILLS BODYBALANCE ●●●●○	GYMGLOBAL ●●●●○	CORE ●●●●○	STRETCH ●●●●○	CARDIOBOX ●●●●○	CYCLING VIRTUAL ●●●●○	
19:15	LES MILLS BODYPUMP ●●●●○ RUNNING ●●●●○	CROSS TRAINING ●●●●○	CYCLING ●●●●○ RUNNING ●●●●○	LES MILLS DANCE ●●●●○	LES MILLS BODYPUMP ●●●●○		
20:15	CYCLING ●●●●○ STRETCH ●●●●○	CORE ●●●●○	LATINO ●●●●○	CROSS TRAINING ●●●●○	CYCLING ●●●●○		
21:15		CYCLING VIRTUAL ●●●●○		CYCLING VIRTUAL ●●●●○			



Intensitat baixa



Intensitat baixa - mitja



Intensitat mitja



Intensitat mitja - alta



Intensitat alta

CAL RESERVA PRÈVIA EN LES ACTIVITATS DE CYCLING I CROSSTRAINING