

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 ●●●●○	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