





ACTIVITATS DIRIGIDES ZONA ESPORTIVA DIAGONAL 2024

Del 25 de Març a l'1 d'Abril de 2024

Inici	Final	Espai	DILLUNS 25	DIMARTS 26	DIMECRES 27	DIJOUS 28	DIVENDRES 29	DISSABTE 30	DIUMENGE 31	DILLUNS 1
07:30	08:15	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE				
07:30	08:20	Sala 1	IBT		POSTURAL					
08:30	09:15	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE				
08:30	09:20	Sala 1	BODYBALANCE	BODYCOMBAT		BODYPUMP				
08:30	09:15	Piscina			WETGYM					
09:30	10:15	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	CYCLING	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
09:30	10:20	Sala 1	BODYPUMP	ESTIRAMENTS	IBT	 ZUMBA				
11:00	11:45	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
12:15	13:00	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
15:15	16:05	Sala 1	GAC	 ZUMBA	POSTURAL	BODYCOMBAT				
15:30	16:15	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE		VIRTUAL BIKE		
17:30	18:15	Sala 3	CYCLING	VIRTUAL BIKE	CYCLING	VIRTUAL BIKE		VIRTUAL BIKE		
17:30	18:20	Sala 1	POSTURAL	BODYPUMP	ESTIRAMENTS	IBT				
18:30	19:15	Piscina	WETGYM							
18:30	19:15	Sala 3	VIRTUAL BIKE	CYCLING	VIRTUAL BIKE	VIRTUAL BIKE		VIRTUAL BIKE		
18:30	19:20	Sala 1	 ZUMBA	GAC	BODYPUMP	POSTURAL				
19:30	20:15	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	CYCLING				
19:30	20:20	Sala 1	BODYPUMP	BODYBALANCE	 ZUMBA					
20:30	21:15	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE				
20:30	21:20	Sala 1		IBT						