

ACTIVIDADES DIRIGIDAS 2023 del 9 de enero al 2 de abril

ZONA ESPORTIVA DIAGONAL - Nova Piscina

	Inicio	Final	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
SALA 1	07:30	08:20	IBT		POSTURAL				
	08:30	09:20	BODYPUMP		BODYBALANCE				
	09:30	10:20	BODYCOMBAT	GAC	BODYPUMP	IBT	ZUMBA		
	10:30	11:20		IBT		POSTURAL			
	14:30	15:20		ESTIRAMENTS		TONIFICACIÓ			
	15:15	16:05	STEP		BODYCOMBAT		ZUMBA		
	15:30	16:20		BODYBALANCE		BODYPUMP			
	17:30	18:20		TONIFICACIÓ		IBT			
	18:00	18:50	BODYPUMP		ZUMBA				
	18:30	19:20		IBT		BODYBALANCE			
	19:00	19:50	ZUMBA		TONIFICACIÓ				
	19:30	20:20		BODYCOMBAT		BODYPUMP			
	20:00	20:50	GAC						
	20:30	21:20		BODYPUMP		ZUMBA			
SALA 2	15:30	16:20	ESTIRAMENTS		POSTURAL		POSTURAL		
	17:30	18:20		POSTURAL		ESTIRAMENTS			
	19:00	19:50	POSTURAL						
	19:30	20:20				ESTIRAMENTS			
	20:00	20:50			ESTIRAMENTS				
SALA 3	07:15	08:00		VIRTUAL BIKE		VIRTUAL BIKE	VIRTUAL BIKE		
	08:00	08:45	VIRTUAL BIKE		VIRTUAL BIKE				
	08:30	09:15		SPINNING		SPINNING			
	09:15	10:00	SPINNING		SPINNING				
	09:30	10:15		SPINNING		SPINNING	SPINNING	VIRTUAL BIKE	VIRTUAL BIKE
	10:30	11:15	VIRTUAL BIKE		VIRTUAL BIKE				
	11:00	11:45		VIRTUAL BIKE		VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
	12:15	13:00	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
	14:30	15:15	SPINNING		SPINNING				
	15:30	16:15		VIRTUAL BIKE		VIRTUAL BIKE	SPINNING		
	17:30	18:15	SPINNING		SPINNING		VIRTUAL BIKE		
	18:00	18:45		SPINNING		SPINNING			
	18:30	19:15	SPINNING		SPINNING		SPINNING	VIRTUAL BIKE	
19:00	19:45		SPINNING		SPINNING				
20:00	20:45	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE			
PISCINA	08:30	09:15		WETGYM		WETGYM	WETAEROBIC		
	19:00	19:45	WETAEROBIC	WETGYM	WETHARD	WETGYM			

ESTADI MUNICIPAL LA BÒBILA

18:30	19:30		RUNNING -iniciació-		RUNNING		
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ZONA ESPORTIVA CAN TINTORER - Pavelló i Piscina

	Inici	Final	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
SALA	08:30	09:20		BODYBALANCE		ESTIRAMENTS	
	09:30	10:20	ZUMBA	BODYPUMP	STEP	BODYCOMBAT	POSTURAL
	15:15	16:05	GAC	ZUMBA	BODYBALANCE	BODYPUMP	
	16:15	17:05		ESTIRAMENTS		POSTURAL	
	18:45	19:35	BODYBALANCE	IBT	ZUMBA	GAC	
	19:45	20:35	ZUMBA	TONIFICACIÓ	BODYPUMP	POSTURAL	
PISCINA	08:30	09:15			WETAEROBIC		WETGYM
	15:30	16:15					WETGYM