

ACTIVITATS DIRIGIDES  
ZONA ESPORTIVA DIAGONAL 2025

Del 14 al 21 d'Abril de 2025

Inici	Final	Espai	DILLUNS 14	DIMARTS 15	DIMECRES 16	DIJOUS 17	DIVENDRES 18	DISSABTE 19	DIUMENGE 20	DILLUNS 21
07:30	08:15	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE				
07:30	08:20	Sala 1	IBT		BODYBALANCE					
08:30	09:15	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE				
08:30	09:20	Sala 1	BODYBALANCE	BODYCOMBAT	BODYPUMP	POSTURAL				
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	IBT				
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	GAC	ESTIRAMENTS	BODYPUMP				
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	BODYPUMP	IBT	BODYBALANCE				
19:30	20:15	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	CYCLING				
19:30	20:20	Sala 1	IBT	POSTURAL	ZUMBA					
20:30	21:15	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE				
20:30	21:20	Sala 1		TONIFICACIO						