

| ACTIVITATS DIRIGIDES<br>Del 22 d'abril al 22 de juny |       |              |                      |              |              |              |              |              |
|------------------------------------------------------|-------|--------------|----------------------|--------------|--------------|--------------|--------------|--------------|
| Zona Esportiva Diagonal - Nova Piscina               |       |              |                      |              |              |              |              |              |
| Inici                                                | Final | DILLUNS      | DIMARTS              | DIMECRES     | DIJOUS       | DIVENDRES    | DISSABTE     | DIUMENGE     |
| SALA 1                                               |       |              |                      |              |              |              |              |              |
| 07:30                                                | 08:20 | IBT          |                      | POSTURAL     |              | BODYPUMP     |              |              |
| 08:30                                                | 09:20 | BODYPUMP     |                      | BODYBALANCE  |              |              |              |              |
| 09:30                                                | 10:20 | BODYBALANCE  | GAC                  | BODYPUMP     | IBT          | ZUMBA        |              |              |
| 14:30                                                | 15:20 |              | BODYPUMP             |              | ESTIRAMENTS  |              |              |              |
| 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 |              |                      |              |              | POSTURAL     |              |              |
| 19:45                                                | 20:35 |              |                      |              | POSTURAL     |              |              |              |
| 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 |              | CYCLING              |              | CYCLING      |              |              |              |
| 09:15                                                | 10:00 | CYCLING      |                      | CYCLING      |              |              |              |              |
| 09:30                                                | 10:15 |              | CYCLING              |              | CYCLING      | CYCLING      | 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 | VIRTUAL BIKE |                      | VIRTUAL BIKE |              |              |              |              |
| 15:30                                                | 16:15 |              | VIRTUAL BIKE         |              | VIRTUAL BIKE | CYCLING      | VIRTUAL BIKE |              |
| 17:30                                                | 18:15 | CYCLING      |                      | CYCLING      |              | VIRTUAL BIKE | VIRTUAL BIKE |              |
| 18:00                                                | 18:45 |              | CYCLING              |              | CYCLING      |              |              |              |
| 18:30                                                | 19:15 | CYCLING      |                      | CYCLING      |              | CYCLING      | VIRTUAL BIKE |              |
| 19:00                                                | 19:45 |              | CYCLING              |              | CYCLING      |              |              |              |
| 20:00                                                | 20:45 | VIRTUAL BIKE | VIRTUAL BIKE         | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE |              |              |
| PISCINA                                              |       |              |                      |              |              |              |              |              |
| 08:00                                                | 08:45 |              | WET GYM              |              |              |              |              |              |
| 08:30                                                | 09:15 | WET GYM      |                      | WETGYM       |              | WETAEROBIC   |              |              |
| 19:00                                                | 19:45 | WETAEROBIC   | WETGYM               | WETHARD      | WETGYM       |              |              |              |
|                                                      |       |              |                      |              |              |              |              |              |
| ESTADI MUNICIPAL LA BÓBILA                           |       |              |                      |              |              |              |              |              |
| 18:30                                                | 19:30 |              | RUNNING<br>Iniciació |              | RUNNING      |              |              |              |
|                                                      |       |              |                      |              |              |              |              |              |
| Zona Esportiva Can Tintorer - Pavelló I Piscina      |       |              |                      |              |              |              |              |              |
| Inici                                                | Final | DILLUNS      | DIMARTS              | DIMECRES     | DIJOUS       | DIVENDRES    | DISSABTE     | DIUMENGE     |
| SALA                                                 |       |              |                      |              |              |              |              |              |
| 08:30                                                | 09:20 |              | BODYBALANCE          |              | ESTIRAMENTS  |              |              |              |
| 09:30                                                | 10:20 | ZUMBA        | BODYPUMP             | STEP         | BODYCOMBAT   | POSTURAL     |              |              |
| 15:15                                                | 16:05 | GAC          | ZUMBA                | BODYBALANCE  | BODYPUMP     | TONIFICACIÓ  |              |              |
| 16:15                                                | 17:05 |              | ESTIRAMENTS          |              | POSTURAL     |              |              |              |
| 18:45                                                | 19:35 | BODYBALANCE  | ZUMBA                | IBT          | GAC          |              |              |              |
| 19:45                                                | 20:35 | ZUMBA        | BODYPUMP             | ESTIRAMENTS  | POSTURAL     |              |              |              |
| PISCINA                                              |       |              |                      |              |              |              |              |              |
| 08:30                                                | 09:15 |              |                      | WET AEROBIC  |              | WETAEROBIC   |              |              |
| 16:30                                                | 17:15 |              |                      |              |              | WETGYM       |              |              |