

ACTIVITATS DIRIGIDES

De l'1 de SETEMBRE al 5 de OCTUBRE 2025

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			
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
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								
08:30	09:15		Wet gym		Wet gym	Wet aerobics		
19:00	19:45	Wet aerobics	Wet gym	WETHARD	Wet gym			

Zona Esportiva Can Tintorer - Pavelló i Piscina

Inici	Final	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
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 aerobics		Wet aerobics	
16:30	17:15				Wet aerobics	