

ACTIVITATS DIRIGIDES
De l'1 de SETEMBRE al 4 de OCTUBRE 2026

Zona Esportiva Diagonal - Nova Piscina

	Inici	Final	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
SALA 1	07:30	08:20	POSTURAL		IBT		BODYPUMP		
	08:30	09:20	BODYPUMP		BODYBALANCE				
	09:30	10:20	BODYBALANCE	GAC	BODYPUMP	CORE			
	14:30	15:20		BODYPUMP		ESTIRAMENTS			
	15:15	16:05	CORE		BODYCOMBAT				
	15:30	16:20		POSTURAL		BODYPUMP			
	17:30	18:20		TONIFICACIÓ		IBT			
	18:00	18:50	BODYPUMP						
	18:30	19:20		BODYCOMBAT		BODYBALANCE			
	19:00	19:50			TONIFICACIÓ				
	19:30	20:20		CORE		BODYPUMP			
	20:00	20:50	GAC						
	20:30	21:20		BODYPUMP					
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	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			
	09:30	10:15	CYCLING	CYCLING	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	08:30	09:15							
	19:00	19:45							
OUTDOOR	07:30	08:20		FUNCIONAL		FUNCIONAL			
	19:30	20:30	FUNCIONAL		FUNCIONAL				

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		CORE	BODYPUMP	BODYCOMBAT	BODYBALANCE
	15:15	16:05	TONIFICACIÓ		POSTURAL	BODYPUMP	GAC
	16:15	17:05		ESTIRAMENTS		POSTURAL	
	18:45	19:35	BODYBALANCE		CORE	GAC	
	19:45	20:35		BODYPUMP	ESTIRAMENTS	IBT	
PISCINA	08:30	09:15					
	16:30	17:15					