

ACTIVITATS DIRIGIDES ZONA ESPORTIVA DIAGONAL 2026

Del 30 MARÇ al 6 d'Abril de 2026

Inici	Final	Espai	DILLUNS 30	DIMARTS 31	DIMECRES 1	DIJOUS 2	DIVENDRES 3	DISSABTE 4	DIUMENGE 5	DILLUNS 6
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					
08:30	09:20	Sala 1	BODYBALANCE	IBT	BODYPUMP	POSTURAL				
08:30	09:15	Piscina			WETGYM					
09:30	10:15	Sala 3	VIRTUAL BIKE	VIRTUAL BIKE	CYCLING	VIRTUAL BIKE				
09:30	10:20	Sala 1	BODYPUMP	ESTIRAMENTS	CORE	ZUMBA				
11:00	11:45	Sala 3	VIRTUAL BIKE							
12:15	13:00	Sala 3	VIRTUAL BIKE							
15:15	16:05	Sala 1	GAC	ZUMBA	POSTURAL	CORE				
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	CORE	BODY COMBAT	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	CORE	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						