

ACTIVITATS DIRIGIDES

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:00h SALA AADD FUNTIONAL 50' MARCO	07:00h SALA AADD POWER PUMP 50' MARCO	7:00h SALA CICLO CYCLING 50' MARCO	07:00h SALA AADD ENTR.TOTAL 50' MARCO	07:00h SALA AADD FUNTIONAL 50' MARCO
08:00h SALA AADD ENTR.TOTAL 50' MARCO	8:00h SALA AADD TONIFICACIÓ 50' MARCO	08:00h SALA AADD GAC 50' MARCO	08:00h SALA AADD POWER PUMP 50' MARCO	08:00h SALA AADD TONIFICACIÓ 50' MARCO
		8:00h PISCINA GLOBALSWIM 45' RAQUEL		8:00h PISCINA GLOBALSWIM 45' RAQUEL
09:00h SALA AADD POWER PUMP 50' MARCO	9:00h SALA AADD GLUTIS 30' MARCO	9:00h SALA AADD ENTR. TOTAL 50' MARCO	9:00h SALA AADD TONIFICACIÓ 50' MARCO	9:00h SALA AADD GAC 30' MARCO
10:00h SALA AADD TONIFICACIÓ 50' MARCO	9:30h SALA AADD ABDOMINALS 20' MARCO	10:00h PISCINA AQUATONO 45' GUILLEM	10:00h SALA AADD GYM SUAU 50' MARCO	9:30h SALA AADD ESTIRAMENTS 20' MARCO
10:00h PISCINA AQUATONO 45' GUILLEM	10:00h SALA AADD GYM SUAU 50' MARCO	10:00h SALA AADD GAC 30' MARCO	11:00h SALA AADD MOVILITY & FLEXIBILITY 50' MARCO	10:00h PISCINA AQUATONO 45' GUILLEM
	11:00h SALA AADD TONIFICACIÓ 50' MARCO	10:30h SALA AADD ESTIRAMENTS 20' MARCO		10:00h SALA AADD TONIFICACIÓ 50' MARCO
13:10h SALA AADD CIRCUIT TRAINING 50' ALEX	13:10h SALA AADD FITBOXING 50' ALEX	13:10h SALA AADD STRENGTH TABATA 50' ALEX	13:10h SALA CICLO FIT CYCLING 50' ALEX	13:10h SALA AADD CROSSFIT SALLE 50' ALEX
14:10h SALA CICLO STRENGTH TABATA 50' ALEX	14:10h SALA AADD CIRCUIT TRAINING 30' ALEX	14:15h SALA CICLO FIT CYCLING 50' ALEX	14:10h SALA AADD FITBOXING 50' ALEX	14:10h SALA AADD TONIFICACIÓ 50' ALEX
17:00h SALA AADD TONIFICACIÓ 50' CLAUDIA	17:00h SALA AADD POWER PUMP 50' CLAUDIA	17:00h SALA AADD BALANCE 50' CLAUDIA	17:00h SALA AADD GLUTIS 30' CLAUDIA	16:00h SALA AADD GLUTIS 30' CLAUDIA
18:00h SALA AADD PILATES 50' CLAUDIA	18:00h SALA AADD CARDIO HIIT 50' CLAUDIA	18:00h SALA AADD GAC 50' CLAUDIA	17:30h SALA AADD ABDOMINALS 20' CLAUDIA	16:30h SALA AADD ABDOMINALS 20' CLAUDIA
19:00h SALA AADD POWER PUMP 50' MARCO	19:00h SALA AADD PILATES 50' CLAUDIA	19:00h SALA AADD POWER PUMP 50' MARCO	18:00h SALA AADD PILATES 50' CLAUDIA	17:00h SALA AADD TONIFICACIÓ 50' CLAUDIA
19:00h SALA CICLO FIT CYCLING 50' YUSSEL	19:00h SALA CICLO CYCLING 50' YUSSEL	19:00h SALA CICLO FIT CYCLING 50' YUSSEL	19:00h SALA AADD ZUMBA 50' CLAUDIA	18:00h SALA AADD MOVILITY & FLEXIBILITY 50' CLAUDIA
19:15h PISCINA AQUATONO 45' CLAUDIA	19:15h PISCINA AQUATONO 45' MARZENA	19:15h PISCINA AQUATONO 45' CLAUDIA	19:00h SALA CICLO CYCLING 50' YUSSEL	
19:15h PISCINA GLOBALSWIM 45' JOAN ANTONI	19:15h PISCINA GLOBALSWIM 45' JOAN ANTONI	19:15h PISCINA CROSSSWIM 45' JOAN ANTONI	19:15h PISCINA AQUATONO 45' MARZENA	
20:00h SALA AADD ZUMBA 50' CLAUDIA	20:00h SALA AADD ENTR. TOTAL 50' CLAUDIA	20:00h SALA AADD CARDIO HIIT 50' CLAUDIA	19:15h PISCINA GLOBALSWIM 45' JOAN ANTONI	
20:00h SALA CICLO CYCLING 50' MARCO		20:00h SALA CICLO CYCLING 50' MARCO	20:00h SALA AADD ENTR. TOTAL 50' CLAUDIA	

Tècnic/a de sala:

Sala Fitness:
De 14:30 h a 19:00 h
i de 20:00 h a 22:00 h

Sala Fitness:
De 12:00 h a 17:00 h
i de 20:00 h a 22:00 h

Sala Fitness:
De 14:30 h a 19:00 h
i de 20:00 h a 22:00 h

Sala Fitness:
De 14:30 h a 19:00 h
i de 20:00 h a 22:00 h

Sala Fitness:
De 14:30 h a 17:00 h
i de 19:00 h a 22:00 h