

# ACTIVITATS DIRIGIDES NADAL 2025-26

laSalle Sports Centre



LaSalle  
Bonanova  
Poliesportiu

DILLUNS 22/12	DIMARTS 23/12	DIMECRES 24/12	DILLUNS 29/12	DIMARTS 30/12	DIMECRES 31/12	DIVENDRES 2/1	DILLUNS 5/1
07:00h SALA AADD TABATA 45' AINHOA	07:00h SALA AADD ENTR. DE FORÇA 45' AINHOA	7:00h SALA CICLO CYCLING 45' AINHOA	07:00h SALA AADD TABATA 45' AINHOA	07:00h SALA AADD ENTR. DE FORÇA 45' MARCO	7:00h SALA CICLO CYCLING 45' AINHOA	07:00h SALA AADD GAC/ ESTIRAMENT S 45' AINHOA	07:00h SALA AADD TABATA 45' AINHOA
08:00h SALA AADD ENTR. TOTAL 50' AINHOA	8:00h SALA AADD TABATA 45' AINHOA	08:00h SALA AADD UPPER BODY 45' AINHOA	08:00h SALA AADD ENTR. TOTAL 45' AINHOA	8:00h SALA AADD TABATA 45' MARCO	08:00h SALA AADD UPPER BODY 45' AINHOA	08:00h SALA AADD TONIFICACIÓ 45' AINHOA	08:00h SALA AADD ENTR. TOTAL 45' AINHOA
8:00h PISCINA GLOBAL SWIM 45' JOAN		8:00h PISCINA GLOBAL SWIM 45' JOAN	8:00h PISCINA GLOBAL SWIM 45' JOAN		8:00h PISCINA GLOBAL SWIM 45' YESICA	8:00h PISCINA GLOBAL SWIM 45' JOAN	8:00h PISCINA GLOBAL SWIM 45' ADRIÁN
09:00h SALA AADD POWER PUMP 45' AINHOA	9:00h SALA AADD GAC/ ESTIRAMENT S 45' AINHOA	9:00h SALA AADD ENTR. TOTAL 45' AINHOA	09:00h SALA AADD POWER PUMP 45' MARCO	9:00h SALA AADD GAC/ ESTIRAMENT S 45' AINHOA	9:00h SALA AADD ENTR. TOTAL 45' MARCO	9:00h SALA AADD CIRCUIT TRAINING 45' MARCO	09:00h SALA AADD POWER PUMP 45' MARCO
10:00h SALA AADD GAC/ ESTIRAMENT S 45' AINHOA	10:00h SALA AADD TONIFICACIÓ 45' AINHOA	10:00h SALA AADD CIRCUIT TRAINING 45' AINHOA	10:00h SALA AADD GAC/ ESTIRAMENT S 45' MARCO	10:00h SALA AADD TONIFICACIÓ 45' AINHOA	10:00h SALA AADD CIRCUIT TRAINING 45' MARCO	10:00h SALA AADD TONIFICACIÓ 45' MARCO	10:00h SALA AADD GAC/ ESTIRAMENT S 45' MARCO
10:00h PISCINA AQUATONO 45' GUILLEM	11:00h SALA AADD GYM SUAU 50' AINHOA	10:00h PISCINA AQUATONO 45' GUILLEM	10:00h PISCINA AQUATONO 45' GUILLEM	11:00h SALA AADD GYM SUAU 50' AINHOA			

13:10h SALA AADD CIRCUIT TRAINING 45' ALEX	13:10h SALA AADD BOXING 45' ALEX	13:10h SALA AADD TABATA 45' ALEX	13:10h SALA AADD CIRCUIT TRAINING 45' ALEX	13:10h SALA AADD BOXING 45' ALEX	13:10h SALA AADD TABATA 45' ALEX	13:10h SALA AADD FUNCIONAL 45' ALEX	13:10h SALA AADD CIRCUIT TRAINING 45' ALEX
14:10h SALA AADD TABATA 45' ALEX	14:10h SALA AADD CIRCUIT TRAINING 45' ALEX		14:10h SALA AADD TABATA 45' ALEX	14:10h SALA AADD CIRCUIT TRAINING 45' ALEX		14:10h SALA AADD MOBILITY & ABDOMINALS 45' ALEX	
17:00h SALA AADD TONIFICACIÓ 45' DESIRE	17:00h SALA AADD GAC/ ESTIRAMENT S 45' DESIRE		17:00h SALA AADD TONIFICACIÓ 45' DESIRE	17:00h SALA AADD GAC/ ESTIRAMENT S 45' DESIRE		16:00h SALA AADD POWER PUMP 45' DESIRE	
18:00h SALA AADD PILATES 45' DESIRE	18:00h SALA AADD CIRCUIT TRAINING 45' DESIRE		18:00h SALA AADD PILATES 45' DESIRE	18:00h SALA AADD CIRCUIT TRAINING 45' DESIRE		17:00h SALA AADD TONIFICACIÓ 45' DESIRE	
19:00h SALA AADD POWER PUMP 45' DESIRE	19:00h SALA AADD CARDIO HIIT 45' DESIRE	TANCAT	19:00h SALA AADD POWER PUMP 45' MARCO	19:00h SALA AADD CARDIO HIIT 45' DESIRE	TANCAT	18:00h SALA AADD ESTIRAMENT S 45' DESIRE	TANCAT
19:00h SALA AADD FIT CYCLING 45' ADRIÁN	19:00h SALA AADD CYCLING 45' AINHOA		19:00h SALA AADD FIT CYCLING 45' ADRIÁN	19:00h SALA AADD CYCLING 45' AINHOA			
19:15h PISCINA GLOBAL SWIM 45' YESICA	19:15h PISCINA GLOBAL SWIM 45' YESICA		19:15h PISCINA GLOBAL SWIM 45' YESICA	19:15h PISCINA GLOBAL SWIM 45' YESICA			
20:10h SALA AADD CIRCUIT TRAINING 45' DESIRE	20:00h SALA AADD POWER PUMP 45' DESIRE		20:10h SALA AADD CIRCUIT TRAINING 45' DESIRE	20:00h SALA AADD POWER PUMP 45' DESIRE			

Tècnica de sala:

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 22:00 h	Sala Fitness: Sense Servei	Sala Fitness: De 7:00 h a 11:00 h, de 14:30 a 19:00 h i de 20:00 h a 22:00 h	Sala Fitness: De 7:00 h a 22:00 h	Sala Fitness: De 7:00 a 11:00 h.	Sala Fitness: De 7:00 h a 22:00 h	Sala Fitness: De 7:00 a 11:00 h.
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