

ACTIVITATS DIRIGIDES

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:00h SALA AADD TABATA 45' - 50' AINHOA	07:00h SALA AADD ENTR. DE FORÇA 45' - 50' MARCO	7:00h SALA CICLO CYCLING 45' - 50' AINHOA	07:00h SALA AADD CIRCUIT TRAINING 45' - 50' MARCO	07:00h SALA AADD GAC/ ESTIRAMENTS 45' - 50' AINHOA
08:00h SALA AADD ENTR. TOTAL 45' - 50' AINHOA	8:00h SALA AADD TABATA 45' - 50' MARCO	08:00h SALA AADD UPPER BODY 45' - 50' AINHOA	08:00h SALA AADD ENTR. DE FORÇA 45' - 50' MARCO	08:00h SALA AADD TONIFICACIÓ 45' - 50' AINHOA
8:00h PISCINA GLOBALSWIM 45' - 50' JOAN		8:00h PISCINA GLOBALSWIM 45' - 50' JOAN		8:00h PISCINA GLOBALSWIM 45' - 50' JOAN
09:00h SALA AADD POWER PUMP 45' - 50' MARCO	9:00h SALA AADD GAC/ ESTIRAMENTS 45' - 50' AINHOA	9:00h SALA AADD ENTR. TOTAL 45' - 50' MARCO	9:00h SALA AADD TONIFICACIÓ 45' - 50' AINHOA	9:00h SALA AADD CIRCUIT TRAINING 45' - 50' MARCO
10:00h SALA AADD GAC/ ESTIRAMENTS 45' - 50' MARCO	10:00h SALA AADD TONIFICACIÓ 45' - 50' AINHOA	10:00h SALA AADD CIRCUIT TRAINING 45' - 50' MARCO	10:00h SALA AADD UPPER BODY 45' - 50' AINHOA	10:00h SALA AADD TONIFICACIÓ 45' - 50' MARCO
10:00h PISCINA AQUATONO 45' - 50' GUILLEM	11:00h SALA AADD GYM SUAU 50' - 50' AINHOA	10:00h PISCINA AQUATONO 45' - 50' GUILLEM	11:00h SALA AADD GYM SUAU 50' - 50' AINHOA	10:00h PISCINA AQUATONO 45' - 50' GUILLEM
13:10h SALA AADD CIRCUIT TRAINING 45' - 50' ALEX	13:10h SALA AADD BOXING 45' - 50' ALEX	13:10h SALA AADD TABATA 45' - 50' ALEX	13:10h SALA AADD CROSS SALLE 45' - 50' ALEX	13:10h SALA AADD FUNCIONAL 45' - 50' ALEX
14:10h SALA AADD TABATA 45' - 50' ALEX	14:10h SALA AADD CIRCUIT TRAINING 45' - 50' ALEX	14:10h SALA AADD CROSS SALLE 45' - 50' ALEX	14:10h SALA AADD BOXING 45' - 50' ALEX	14:10h SALA AADD MOVILITY & ABDOMINALS 45' - 50' ALEX
17:00h SALA AADD TONIFICACIÓ 45' - 50' DESIRE	17:00h SALA AADD GAC/ ESTIRAMENTS 45' - 50' DESIRE	17:00h SALA AADD PILATES 45' - 50' DESIRE	17:00h SALA AADD TONIFICACIÓ 45' - 50' DESIRE	16:00h SALA AADD POWER PUMP 45' - 50' DESIRE
18:00h SALA AADD PILATES 45' - 50' DESIRE	18:00h SALA AADD CIRCUIT TRAINING 45' - 50' DESIRE	18:00h SALA AADD GAC/ ESTIRAMENTS 45' - 50' DESIRE	18:00h SALA AADD PILATES 45' - 50' DESIRE	17:00h SALA AADD TONIFICACIÓ 45' - 50' DESIRE
19:00h SALA AADD POWER PUMP 45' - 50' MARCO	19:00h SALA AADD CARDIO HIIT 45' - 50' DESIRE	19:00h SALA AADD POWER PUMP 45' - 50' MARCO	19:00h SALA AADD ZUMBA 45' - 50' DESIRE	18:00h SALA AADD ESTIRAMENTS 45' - 50' DESIRE
19:00h SALA CICLO FIT CYCLING 45' - 50' YUSSEL	19:00h SALA CICLO CYCLING 45' - 50' YUSSEL	19:00h SALA CICLO FIT CYCLING 45' - 50' YUSSEL	19:00h SALA CICLO CYCLING 45' - 50' YUSSEL	
19:15h PISCINA AQUATONO 45' - 50' DESIRE	19:15h PISCINA AQUATONO 45' - 50' MARZENA	19:15h PISCINA AQUATONO 45' - 50' DESIRE	19:15h PISCINA AQUATONO 45' - 50' GUILLEM	
19:15h PISCINA GLOBALSWIM 45' - 50' EMMA	19:15h PISCINA GLOBALSWIM 45' - 50' EMMA	19:15h PISCINA CROSSWIM 45' - 50' EMMA	19:15h PISCINA GLOBALSWIM 45' - 50' EMMA	
20:10h SALA AADD CIRCUIT TRAINING 45' - 50' DESIRE	20:00h SALA AADD POWER PUMP 45' - 50' DESIRE	20:10h SALA AADD CARDIO HIIT 45' - 50' DESIRE	20:00h SALA AADD ENTR. TOTAL 45' - 50' DESIRE	
20:00h SALA CICLO CYCLING 45' - 50' MARCO		20:00h SALA CICLO CYCLING 45' - 50' MARCO		

Tècnic/a de sala:

Sala Fitness: De 7:00 h a 11:00 h, de 14:30 h a 19:00 h i de 20:00 h a 22:00 h	Sala Fitness: De 7:00 h a 17:00 h i de 20:00 h a 22:00 h	Sala Fitness: De 7:00 h a 11:00 h, de 14:30 h a 19:00 h i de 20:00 h a 22:00 h	Sala Fitness: De 7:00 h a 17:00 h i de 20:00 h a 22:00 h	Sala Fitness: De 7:00 h a 17:00 h i de 20:00 h a 22:00 h
---	--	---	--	--