

ACTIVITATS DIRIGIDES CURS 26/27



DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:00h SALA AADD CROSS SALLE - 50' RAQUEL	07:00h SALA AADD ENTR. DE FORÇA - 45' MARCO	7:00h SALA CICLO CYCLING - 45' RAQUEL	07:00h SALA AADD CIRCUIT TRAINING - 45' MARCO	07:00h SALA AADD GAC - 45' RAQUEL
8:00 h SALA CICLO CYCLING - 50' RAQUEL	8:00h SALA AADD TABATA - 45' MARCO	08:00h SALA AADD CIRCUIT TRAINING - 50' RAQUEL	08:00h SALA AADD ENTR. DE FORÇA - 50' MARCO	08:00h SALA AADD POWER PUMP - 50' RAQUEL
8:00h PISCINA GLOBALSWIM - 45' JOAN		8:00h PISCINA GLOBALSWIM - 45' JOAN		8:00h PISCINA GLOBALSWIM - 45' JOAN
09:00h SALA AADD POWER PUMP - 50' MARCO	9:00h SALA AADD GAC - 50' RAQUEL	9:00h SALA AADD ENTR. TOTAL - 50' MARCO	9:00h SALA AADD TONIFICACIÓ - 50' RAQUEL	9:00h SALA AADD CORE & STRECHING - 50' MARCO
10:00h SALA AADD GAC/ ESTIRAMENTS - 50' MARCO	10:00h SALA AADD CROSS SALLE - 50' RAQUEL	10:00h SALA AADD CIRCUIT TRAINING - 50' MARCO	10:00h SALA AADD PILATES - 50' RAQUEL	10:00h SALA AADD TONIFICACIÓ - 50' MARCO
10:15 h PISCINA AQUATONO - 45' GUILLEM	11:00h SALA AADD GYM SUAU - 50' RAQUEL	10:15 h PISCINA AQUATONO - 45' GUILLEM	11:00h SALA AADD GYM SUAU - 50' RAQUEL	10:15 h PISCINA AQUATONO - 45' GUILLEM
13:10h SALA AADD CIRCUIT TRAINING - 50' ALEX	13:10h SALA AADD BOXING - 50' ALEX	13.10h SALA AADD TABATA - 45' ALEX	13:10h SALA AADD CROSS SALLE - 50' ALEX	13:10h SALA AADD FUNCIONAL - 50' ALEX
14:10h SALA AADD TABATA - 45' ALEX	14:10h SALA AADD CIRCUIT TRAINING - 50' ALEX	14.10h SALA AADD CROSS SALLE - 50' ALEX	14:10h SALA AADD BOXING - 50' ALEX	14:10h SALA AADD MOVILITY & ABDOMINALS - 50' ALEX
16:00h SALA AADD CORE & STRECHING - 50' MARCO		16:00h SALA AADD TONIFICACIÓ - 50' MARCO		16:00h SALA AADD POWER PUMP - 50' DESIRE
17:00h SALA AADD TONIFICACIÓ - 50' DESIRE	17:00h SALA AADD GAC/ ESTIRAMENTS - 50' DESIRE	17:00h SALA AADD PILATES - 50' DESIRE	17:00h SALA AADD TONIFICACIÓ - 50' DESIRE	17:00h SALA AADD POWER PUMP - 50' DESIRE
18:00h SALA AADD PILATES - 50' DESIRE	18:00h SALA AADD CARDIO HIIT - 50' DESIRE	18:00h SALA AADD GAC/ ESTIRAMENTS - 50' DESIRE	18:00h SALA AADD PILATES - 50' DESIRE	18:00h SALA AADD ESTIRAMENTS - 45' DESIRE
18:00h SALA CICLO FIT CYCLING - 50' ALBERT	19:00h SALA AADD CIRCUIT TRAINING - 50' DESIRE	18:00h SALA CICLO FIT CYCLING - 50' ALBERT	19:00h SALA AADD ZUMBA - 50' DESIRE	
19:00h SALA AADD POWER PUMP - 50' MARCO	19:00h SALA CICLO CYCLING - 50' ALBERT	19:00h SALA AADD POWER PUMP - 50' MARCO	19:00h SALA CICLO CYCLING - 50' ALBERT	
19:00h PISCINA AQUATONO - 45' DESIRE	19:00h PISCINA AQUATONO - 45' GUILLEM	19:00h PISCINA AQUATONO - 45' DESIRE	19:00h PISCINA AQUATONO - 45' GUILLEM	
19:30h PISCINA GLOBALSWIM - 45' ATILIO	19:30h PISCINA GLOBALSWIM - 45' ATILIO	19:30h PISCINA CROSS SWIM - 45' ATILIO	19:30h PISCINA GLOBALSWIM - 45' ATILIO	
20:00h SALA AADD CIRCUIT TRAINING - 50' DESIRE	20:00h SALA AADD POWER PUMP - 50' DESIRE	20:00h SALA AADD CARDIO HIIT - 50' DESIRE	20:00h SALA AADD ENTR. TOTAL - 50' DESIRE	
Tècnic/a de sala:				
Sala Fitness: De 7:00 a 11:00 h, de 14:30 h a 22:00 h	Sala Fitness: De 7:00 h a 18:45 h i de 20:00 h a 22:00 h	Sala Fitness: De 7:00 a 11:00 h, de 14:30 h a 22:00 h	Sala Fitness: De 7:00 h a 18:45 h i de 20:00 h a 22:00 h	Sala Fitness: De 7:00 h a 18:30 h i de 18:30 h a 22:00 h