

ACTIVITATS DIRIGIDES DEL 31/8 AL 4/9

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
	07:00h SALA AADD ENTR. DE FORÇA 45'	7:00h SALA CÍCLO CYCLING 45'	07:00h SALA AADD CIRCUIT TRAINING 45'	07:00h SALA AADD GAC 45'
	MARCO	RAQUEL	MARCO	RAQUEL
8:15 h SALA CÍCLO CYCLING 45'	8:00h SALA AADD TABATA 45'	08:00h SALA AADD CIRCUIT TRAINING 45'	08:00h SALA AADD ENTR. DE FORÇA 45'	08:00h SALA AADD POWER PUMP 45'
RAQUEL	MARCO	RAQUEL	MARCO	RAQUEL
8:00h PISCINA GLOBALSWIM 45'		8:00h PISCINA GLOBALSWIM 45'		8:00h PISCINA GLOBALSWIM 45'
JOAN		JOAN		JOAN
09:00h SALA AADD POWER PUMP 45'	9:00h SALA AADD GAC 45'	9:00h SALA AADD ENTR. TOTAL 45'	9:00h SALA AADD TONIFICACIÓ 45'	9:00h SALA AADD CORE & STRECHING 45'
MARCO	RAQUEL	MARCO	RAQUEL	MARCO
10:00h SALA AADD GAC/ ESTIRAMENTS 45'	10:00h SALA AADD CROSS SALLE 45'	10:00h SALA AADD CIRCUIT TRAINING 45'	10:00h SALA AADD PILATES 45'	10:00h SALA AADD TONIFICACIÓ 45'
MARCO	RAQUEL	MARCO	RAQUEL	MARCO
10:15h PISCINA AQUATONO 45'	11:00h SALA AADD GYM SUAU 50'	10:15h PISCINA AQUATONO 45'	11:00h SALA AADD GYM SUAU 50'	10:15h PISCINA AQUATONO 45'
GUILLEM	RAQUEL	GUILLEM	RAQUEL	GUILLEM

13:10h SALA AADD CIRCUIT TRAINING 45'	13:10h SALA AADD BOXING 45'	13:10h SALA AADD TABATA 45'	13:10h SALA AADD CROSS SALLE 45'	13:10h SALA AADD FUNCIONAL 45'
ALEX	ALEX	ALEX	ALEX	ALEX
14:10h SALA AADD TABATA 45'	14:10h SALA AADD CIRCUIT TRAINING 45'	14:10h SALA AADD CROSS SALLE 45'	14:10h SALA AADD BOXING 45'	14:10h SALA AADD MOVILITY & ABDOMINALS 45'
ALEX	ALEX	ALEX	ALEX	ALEX

16:00h SALA AADD CORE & STRECHING 45'		16:00h SALA AADD TONIFICACIÓ 45'		16:00h SALA AADD GAC/ ESTIRAMENTS 45'
MARCO		MARCO		DESIRE
17:00h SALA AADD TONIFICACIÓ 45'	17:00h SALA AADD GAC/ ESTIRAMENTS 45'	17:00h SALA AADD PILATES 45'	17:00h SALA AADD TONIFICACIÓ 45'	17:00h SALA AADD POWER PUMP 45'
DESIRE	DESIRE	DESIRE	DESIRE	DESIRE
18:00h SALA AADD PILATES 45'	18:00h SALA AADD CARDIO HIIT 45'	18:00h SALA AADD GAC/ ESTIRAMENTS 45'	18:00h SALA AADD PILATES 45'	18:00h SALA AADD ESTIRAMENTS 45'
DESIRE	DESIRE	DESIRE	DESIRE	DESIRE
18:00h SALA CÍCLO FIT CYCLING 45'	19:00h SALA AADD CIRCUIT TRAINING 45'	18:00h SALA CÍCLO FIT CYCLING 45'	19:00h SALA AADD ZUMBA 45'	
ALBERT	DESIRE	ALBERT	DESIRE	
19:00h SALA AADD POWER PUMP 45'	19:00h SALA CÍCLO CYCLING 45'	19:00h SALA AADD POWER PUMP 45'	19:00h SALA CÍCLO CYCLING 45'	
MARCO	ALBERT	MARCO	ALBERT	
19:15h PISCINA AQUATONO 45'		19:15h PISCINA AQUATONO 45'		
DESIRE		DESIRE		
20:10h SALA AADD CIRCUIT TRAINING 45'	20:00h SALA AADD POWER PUMP 45'	20:10h SALA AADD CARDIO HIIT 45'	20:00h SALA AADD ENTR. TOTAL 45'	
DESIRE	DESIRE	DESIRE	DESIRE	

Tècnica 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 22:00 h
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