

ACTIVITATS DIRIGIDES

FINS AL 3 DE SETEMBRE DEL 2021
CEM L'ESPANYA INDUSTRIAL

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
MATÍ					
7:00					
7:10	CROSS ENDURANCE Pati 50' ***	CYCLING VIRTUAL sala CY 50' ***	BODYFITNESS Pati 50' ***	TBC Pati 50' ***	CROSS ENDURANCE Pati 50' ***
8:00	ATLES CYCLING Pati 50' ***	TBC Pati 50' ***	GAC Pati 45' **	ATLES CYCLING Pati 50' ***	CYCLING VIRTUAL sala CY 50' ***
8:10	ESTIRAMENTS sala 1 45' *	PILATES INICI sala 1 45' *	CYCLING VIRTUAL sala CY 50' ***	ESTIRAMENTS sala 1 45' *	EN FORMA Pati 45' **
8:10			ZUMBA® sala 1 50' **		
9:00	GIM SUAU sala 1 45' *	GIM SUAU sala 1 45' *	ESTIRAMENTS sala 1 45' *	GIM SUAU sala 1 45' *	ATLES CYCLING Pati 50' ***
9:10	ZUMBA® Pati 50' **	ATLES CYCLING Pati 50' ***	TBC Pati 50' ***	GAC Pati 45' **	BODYFITNESS sala 1 50' ***
10:00				CYCLING VIRTUAL sala CY 50' ***	
10:00	CYCLING VIRTUAL sala CY 50' ***	ZUMBA® Pati 50' **	GIM SUAU sala 1 45' *		ESTIRAMENTS sala 2 45' *
10:10	GAC Sala 1 45' **	IOGA SALA 1 45' *	EN FORMA Pati 45' **	PILATES INICI Pati 45' *	ZUMBA® Pati 50' **
11:00		CYCLING VIRTUAL sala CY 50' ***	ATLES CYCLING Pati 50' ***	POST PART MAMIATLES S2	CYCLING VIRTUAL sala CY 50' ***
11:10	PILATES INICI Pati 45' *	EN FORMA Pati 45' **	ESQUENA Sala 2 45' € MamiAtles	ZUMBA® Pati 50' **	PILATES INICI Pati 45' *
MIGDIA					
12:10	GAC Pati 45' **	ESTIRAMENTS sala 1 45' *	ZUMBA® sala 1 50' **	PILATES INICI sala 1 45' *	12100H ESQUENA MAMIATLES S2
12:10	CYCLING VIRTUAL sala CY 50' ***		12.15H HIPOPRESSIUS MAMIATLES	CYCLING VIRTUAL sala CY 50' ***	
13:00					
13:10		CYCLING VIRTUAL sala CY 50' ***		EMBARAS EN FORMA MAMIATLES S1	CYCLING VIRTUAL sala CY 50' ***
14:10			BODYFITNESS sala 1 50' ***	GAC Pati 45' **	CROSS POWER BOX 50' ***
14:10					
15:10		CYCLING VIRTUAL sala CY 50' ***	CROSS POWER BOX 50' ***		TBC Pati 50' ***
15:10				ATLES CYCLING Pati CY 50' ***	
TARDA					
16:00			16:10 CYCLING VIRTUAL sala CY 50' ***		PREPART MAMIATLES
17:10	CORE SALA1 45' *	ZUMBA® sala 1 50' **	ESTIRAMENTS sala 1 45' *	EN FORMA sala 1 45' **	PILATES INICI Pati 45' *
17:10	CYCLING VIRTUAL sala CY 50' ***				
18:00		CYCLING VIRTUAL sala CY 50' ***	ZUMBA® Pati 50' **	18.15 MAMIATLES S2	
18:10	TBC sala 1 50' ***	GAC Pati 45' **	EN FORMA sala 1 45' **	POWERBOXING Sala 1 50' ***	GAC sala 1 45' **
19:00	ATLES CYCLING sala CY 50' ***	ATLES CYCLING Pati 50' ***	ATLES CYCLING Pati CY 50' ***	19.10 BODYFITNESS sala 1 50' ***	ATLES CYCLING Pati 50' ***
19:10	ZUMBA® Pati 50' **	TBC sala 1 50' ***	BODYFITNESS sala 1 50' ***	ZUMBA® Pati 50' **	BODYFITNESS sala 1 50' ***
VESPRE / NIT					
20:00	ATLES CYCLING Pati 50' ***	ATLES CYCLING Pati 50' ***	20:10H ATLES CYCLING Pati 50' ***	ATLES CYCLING sala CY 50' ***	TBC sala 1 50' ***
20:10	BODYFITNESS sala 1 50' ***	RUN & FIT Exterior 50' ***	PILATES INICI SALA 1 45' *	CROSS ENDURANCE S1 50' ***	ZUMBA® Pati 50' **
21:10	CYCLING VIRTUAL sala CY 50' ***	CYCLING VIRTUAL sala CY 50' ***	CYCLING VIRTUAL sala CY 50' ***	CYCLING VIRTUAL sala CY 50' ***	CYCLING VIRTUAL sala CY 50' ***