

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 sala 1 50' ***	CYCLING VIRTUAL sala CY 50' ***	BODYFITNESS Pati 50' ***	TBC Pati 50' ***	GAC Pati 45' **
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' *	CORE sala 1 45' *	CYCLING VIRTUAL sala CY 50' ***	ESTIRAMENTS sala 1 45' *	EN FORMA Pati 45' **
8:10					
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' **			ESTIRAMENTS sala 2 45' *
10:10	GIM SUAU sala 1 45' *		EN FORMA Pati 45' **	CORE Pati 45' *	ZUMBA® Pati 50' **
11:00		CYCLING VIRTUAL sala CY 50' ***	ATLES CYCLING Pati 50' ***		CYCLING VIRTUAL sala CY 50' ***
11:10	CORE Pati 45' *	PILATES INICI Pati 45' *		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' *	
12:10	CYCLING VIRTUAL sala CY 50' ***			CYCLING VIRTUAL sala CY 50' ***	
13:00					
13:10		CYCLING VIRTUAL sala CY 50' ***			CYCLING VIRTUAL sala CY 50' ***
14:10	ATLES CYCLING Pati 50' ***	POWERBOXING Sala 1 50' ***		GAC Pati 45' **	CROSS POWER BOX 50' ***
14:10			BODYFITNESS sala 1 50' ***		
15:10	BODYFITNESS sala 1 50' ***	CYCLING VIRTUAL sala CY 50' ***	CROSS POWER BOX 50' ***	ATLES CYCLING Pati 50' ***	TBC sala 1 50' ***
15:10		GAC sala 1 45' **			
TARDA					
16:00			16:10 CYCLING VIRTUAL sala CY 50' ***		
17:10	CORE Sala 1 45' *	ZUMBA® sala 1 50' **	ESTIRAMENTS sala 1 45' *	EN FORMA sala 1 45' **	CORE Pati 45' *
17:10	CYCLING VIRTUAL sala CY 50' ***				
18:00		CYCLING VIRTUAL sala CY 50' ***	ZUMBA® Pati 50' **		
18:10	TBC sala 1 50' ***	GAC Pati 45' **		POWERBOXING Sala 1 50' ***	GAC sala 1 45' **
18:15					
19:00	ATLES CYCLING sala CY 50' ***		ATLES CYCLING sala CY 50' ***	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 sala CY 50' ***	CYCLING VIRTUAL sala CY 50' ***
20:10	BODYFITNESS sala 1 50' ***	RUN & FIT Exterior 50' ***	CORE sala 1 45' *		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' ***