

ACTIVITATS INCLOSES EN LA QUOTA
Del 4 d'octubre al 24 de desembre del 2021

Inici	Dilluns	Dimarts	Dimecres	Dijous	Divendres
MATÍ					
8.10 h	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***
8.10 h	GIM SUAU 45' sala 1 *	EN FORMA 45' sala 1 **	GAC 45' sala 1 **	EN FORMA 45' sala 1 **	PILATES INICI 45' sala 1 **
9.10 h	CYCLING virtual 50' sala CY ***		CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	
9.10 h	BODY FITNESS 50' sala 1 ***	PILATES INICI 45' sala 1 *	TBC 50' solàrium ***	GAC 45' solàrium **	ZUMBA® 50' solàrium **
9.10 h	ESTIRAMENTS 45' sala 3 *	ATLES CYCLING 50' sala CY ***	CORE 20' sala 3**	CROSS ENDURANCE 50' sala 1 ***	ATLES CYCLING 50' sala CY ***
10.10 h		CYCLING virtual 50' sala CY ***		CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***
10.10 h	ATLES CYCLING 50' sala CY ***	ZUMBA® 50' solàrium **	ATLES CYCLING 50' sala CY ***	ZUMBA® 50' solàrium **	10.30 h CROSS X 30' solàrium ***
10.10 h	CORE 20' sala 3**	ESTIRAMENTS 45' sala 1 *	PILATES INICI 45' sala 1 *	PILATES INICI 45' sala 1 *	IOGA 45' sala 1 **
11.10 h	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***
11.10 h	PILATES INICI 45' sala 1 *	TBC 50' solàrium ***	ESTIRAMENTS 45' sala 1 *	POWERBOXING 50' sala 1 ***	GAC 45' sala 1 **
12.10 h	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***
MIGDIA					
14.10 h	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***		CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***
14.10 h	ZUMBA® 50' solàrium **	BODY FITNESS 50' sala 1 ***	ATLES CYCLING 50' solàrium ***	TBC 50' sala 1 ***	PILATES INICI 45' sala 1 *
15.00 h		CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***
15.10 h	ATLES CYCLING 50' sala CY ***	GAC 45' sala 1 **	CROSS ENDURANCE 50' sala 1 ***	ESTIRAMENTS 45' sala 1 *	TBC 50' sala 1 ***
16.10 h	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***
TARDA					
17.10 h	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***
17.10 h	EN FORMA 45' solàrium **	PILATES INICI 45' sala 3 *	GAC 45' solàrium *	IOGA 45' solàrium **	TBC 50' solàrium ***
17.10 h	17.30 h CROSS X 30' sala 1 ***	TBC 50' solàrium ***	ESTIRAMENTS 45' sala 2 *	17.30 h CROSS X 30' sala 1 ***	
18.10 h	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***		CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***
18.10 h	ESTIRAMENTS 45' sala 3 *	STEPS 45' sala 1 **	ATLES CYCLING 50' solàrium ***	GAC 45' solàrium **	ZUMBA® 50' solàrium **
18.10 h	BODY FITNESS 50' sala 1 ***	18.30 h CROSS X 30' solàrium ***	ZUMBA® 50' sala 1 **	POWERBOXING 50' sala 1 ***	18.30 h CROSS X 30' sala 1 ***
19.10 h		CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***		19.10 h CORE 20' sala 3**
19.10 h	ATLES CYCLING 50' sala CY ***	BODY FITNESS 50' sala 1 ***	CROSS ENDURANCE 50' sala 1 ***	ATLES CYCLING 50' sala CY ***	ATLES CYCLING 50' sala CY ***
19.10 h	ZUMBA® 50' solàrium **	GAC 45' solàrium **	TBC 50' solàrium ***	BODY FITNESS 50' sala 1 ***	CROSS ENDURANCE 50' sala 1 ***
19.30 h	CROSS X 30' sala 1 ***				
VESPRE / NIT					
20.10 h	CYCLING virtual 50' sala CY ***			CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***
20.10 h	POWERBOXING 50' sala 1 ***	ZUMBA® 50' sala 2 **	ATLES CYCLING 50' sala CY ***	ZUMBA® 50' sala 2 **	PILATES INICI 45' sala 3 *
20.10 h	GAC 45' sala 2 **	ATLES CYCLING 50' sala CY ***	BODY FITNESS 50' sala 1 ***	TBC 50' sala 1 ***	BODY FITNESS 50' sala 1 ***
20.10 h	CORE 20' àrea fitness**	CROSS ENDURANCE 50' sala 1 ***		CORE 20' sala 3**	
21.10 h	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***	CYCLING virtual 50' sala CY ***
21.10 h	IOGA 45' sala 1 **	ESTIRAMENTS 45' sala 1 *	CORE 20' sala 1 **	ESTIRAMENTS 45' sala 1 *	

* ACTIVITATS DE BAIXA INTENSITAT

** ACTIVITATS DE MITJANA INTENSITAT

*** ACTIVITATS D'ALTA INTENSITAT

DISSABTE

9.00 h	AQUATONO
10.00 h	ACTIVITAT ROTATIVA
19.00 h	ACTIVITAT ROTATIVA

DIUMENGE

9.00 h	AQUATONO
10.00 h	ACTIVITAT ROTATIVA