

ACTIVITATS DIRIGIDES

DEL 27 DE SETEMBRE A L'1 D'OCTUBRE DEL 2021
CEM L'ESPANYA INDUSTRIAL

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
MATÍ					
7:00		RUN & FIT 50' *** Exterior			
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' *	ZUMBA® sala 1 50' **	EN FORMA sala 1 45' **	GAC Pati 45' **
8:10			CYCLING VIRTUAL sala CY 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	GAC S1 45' **			CYCLING VIRTUAL sala CY 50' ***	
10:00	CYCLING VIRTUAL sala CY 50' ***	ZUMBA® Pati 50' **	GIM SUAU sala 1 45' *	BODYFITNESS sala 1 50' ***	ESTIRAMENTS PATI 45' *
10:10	ATLES CYCLING Pati 50' ***	IOGA sala 1 45' *	EN FORMA Pati 45' **	PILATES INICI Pati 45' *	
11:00	POSTPART Sala 1 45' € MamiAtles	CYCLING VIRTUAL sala CY 50' ***	ATLES CYCLING Pati 50' ***		CYCLING VIRTUAL sala CY 50' ***
11:10	PILATES INICI Pati 45' *	EN FORMA Pati 45' **		ZUMBA® Pati 50' **	PILATES INICI Pati 45' *
MIGDIA					
12:10	GAC S1 45' **	ESTIRAMENTS sala 1 45' *	ZUMBA® PATI 50' **	PILATES INICI PATI 45' *	
12:10	CYCLING VIRTUAL sala CY 50' ***	13.00H CY VIRTUAL sala CY 50' ***	12.15 HIPOPRESSIUS Sala 2 45' € MamiAtles	CYCLING VIRTUAL sala CY 50' ***	
13:00		INTRO HIPOPRESSIUS Sala 2 45' € MamiAtles	EMBARAS EN FORMA Sala 2 45' € MamiAtles		CYCLING VIRTUAL sala CY 50' ***
13:10	EN FORMA PATI 45' **	PILATES INICI SALA 1 45' *	GAC PATI 45' **	BODYFITNESS S1 50' ***	EN FORMA Pati 45' **
14:10	ATLES CYCLING Pati 50' ***	POWERBOXING Sala 1 50' ***	ATLES CYCLING Pati 50' ***		GAC Pati 45' **
14:10	CROSS ENDURANCE sala 1 50' ***	TBC Pati 50' ***	BODYFITNESS sala 1 50' ***		CROSS POWER BOX 50' ***
15:10	BODYFITNESS sala 1 50' ***	ATLES CYCLING Pati 50' ***	CROSS POWER BOX 50' ***	ATLES CYCLING CY 50' ***	ATLES CYCLING Pati 50' ***
15:10			ZUMBA® PATI 50' **	CROSS ENDURANCE sala 1 50' ***	TBC S1 50' ***
TARDA					
16:00			16:10 CYCLING VIRTUAL sala CY 50' ***	16:10H PILATES INICI S1 45' *	
17:10	PILATES INICI S1 45' *	ZUMBA® PATI 50' **	CORE sala 1 45' *	EN FORMA sala 1 45' **	CYCLING VIRTUAL sala CY 50' ***
17:10	CYCLING VIRTUAL sala CY 50' ***	ESQUENA Sala 2 45' € MamiAtles			PILATES INICI S1 45' *
18:00		CYCLING VIRTUAL sala CY 50' ***	ZUMBA® Pati 50' **		ZUMBA® Pati 50' **
18:10	TBC Sala 1 50' ***	GAC Sala 1 45' **	EN FORMA sala 1 45' **	POWERBOXING Sala 1 50' ***	GAC S1 45' **
18:15		EMBARAS EN FORMA Sala 2 45' € MamiAtles		HIPOPRESSIUS Sala 2 45' € MamiAtles	
19:00	ATLES CYCLING CY 50' ***	ATLES CYCLING Pati 50' ***	ATLES CYCLING Pati 50' ***	ATLES CYCLING CY 50' ***	ATLES CYCLING Pati 50' ***
19:10	ZUMBA® Pati 50' **	CROSS POWER BOX 50' ***	BODYFITNESS sala 1 50' ***	CROSS POWER BOX 50' ***	BODYFITNESS sala 1 50' ***
19:10	BODYFITNESS sala 1 50' ***	TBC sala 1 50' ***		ZUMBA® Sala 1 50' **	
20:00	ATLES CYCLING Pati 50' ***	ATLES CYCLING PATI 50' ***	ATLES CYCLING PATI 50' ***	CYCLING VIRTUAL sala CY 50' ***	TBC sala 1 50' ***
20:10		PILATES INICI sala 1 45' *		BODYFITNESS sala 2 50' ***	ZUMBA® PATI 50' **
20:10	BODYFITNESS sala 1 50' ***	RUN & FIT Exterior 50' ***	PILATES INICI sala 1 45' *	CROSS ENDURANCE S1 50' ***	
21:10	PILATES INICI sala 1 45' *	ESTIRAMENTS sala 1 45' *	IOGA sala 1 45' *	PILATES INICI sala 1 45' *	
21:10	CYCLING VIRTUAL sala CY 50' ***	CYCLING VIRTUAL sala CY 50' ***	CYCLING VIRTUAL sala CY 50' ***	CYCLING VIRTUAL sala CY 50' ***	