

ACTIVITATS DIRIGIDES

FINA AL 31 DE JULIOL DEL 2021
CEM L'ESPANYA INDUSTRIAL

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
MATÍ					
7:00		RUN & FIT exterior 50' ***			
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' ***			CYCLING VIRTUAL sala CY 50' ***
8:10	08:00H ESTIRAMENTS sala 1 45' *	08:00H ESTIRAMENTS 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' *	ESTIRAMENTS sala 1 45' *	GIM SUAU sala 1 45' *	ATLES CYCLING pati 50' ***
9:10	ZUMBA® pati 50' **	ATLES CYCLING pati 50' ***		GAC pati 45' **	BODYFITNESS sala 1 50' ***
10:00				CYCLING VIRTUAL sala CY 50' ***	
10:00	CYCLING VIRTUAL sala CY 50' ***	10:10H ZUMBA® pati 50' **		GIM SUAU pati 45' *	ESTIRAMENTS sala 2 45' *
10:10	EN FORMA pati 45' **	GAC sala 1 45' **	EN FORMA pati 45' **	CORE sala 1 45' *	ZUMBA® pati 50' **
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' *	CORE pati 45' *		ZUMBA® pati 50' **	EN FORMA Pati 45' **
MIGDIA					
12:10	GAC pati 45' **	ESTIRAMENTS sala 1 45' *	ZUMBA® pati 50' **	PILATES INICI sala 1 45' *	TBC pati 50' ***
12:10	CYCLING VIRTUAL sala CY 50' ***		12.15 HIPOPRESSIUS sala 2 45' € MamiAtles	CYCLING VIRTUAL sala CY 50' ***	
13:00		INTRO HIPOPRESSIUS sala 2 45' € MamiAtles	EMBARÀS EN FORMA sala 2 45' € MamiAtles		
13:10		CYCLING VIRTUAL sala CY 50' ***			CYCLING VIRTUAL sala CY 50' ***
14:10	ATLES CYCLING pati 50' ***	POWERBOXING sala 1 50' ***	ATLES CYCLING pati 50' ***	ZUMBA® sala 1 50' **	CROSS POWER BOX 50' ***
14:10	CROSS ENDURANCE sala 1 50' ***		BODYFITNESS sala 1 50' ***		GAC sala 1 45' **
15:10	BODYFITNESS sala 1 50' ***	CYCLING VIRTUAL sala CY 50' ***	CROSS POWER BOX 50' ***	ATLES CYCLING pati 50' ***	ATLES CYCLING pati 50' ***
15:10		GAC sala 1 45' **		CROSS ENDURANCE sala 1 50' ***	
TARDA					
16:00			16:10 CYCLING VIRTUAL sala CY 50' ***		PREPART C&M 45' € MamiAtles
17:10	CORE sala 1 45' *	ZUMBA® sala 1 50' **	ESTIRAMENTS sala 1 45' *	EN FORMA pati 45' **	PILATES INICI sala 1 45' *
17:10	CYCLING VIRTUAL sala CY 50' ***	ESQUENA sala 2 45' € MamiAtles			
18:00		CYCLING VIRTUAL sala CY 50' ***	ZUMBA® pati 50' **	ATLES CYCLING pati 50' ***	ATLES CYCLING pati 50' ***
18:10	TBC sala 1 50' ***	GAC pati 45' **	EN FORMA sala 1 45' **	POWERBOXING sala 1 50' ***	GAC sala 1 45' **
18:15		EMBARÀS EN FORMA sala 2 45' € MamiAtles		HIPOPRESSIUS sala 2 45' € MamiAtles	
19:00	ATLES CYCLING sala CY 50' ***	ATLES CYCLING pati 50' ***	ATLES CYCLING pati 50' ***	ATLES CYCLING sala CY 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 sala CY 50' ***		ATLES CYCLING sala CY 50' ***	CYCLING VIRTUAL sala CY 50' ***	CYCLING VIRTUAL sala CY 50' ***
20:10	BODYFITNESS sala 1 50' ***	RUN & FIT Exterior 50' ***	PILATES INICI pati 45' *	CROSS ENDURANCE sala 1 50' ***	ZUMBA® sala 1 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' ***