

# ACTIVITATS DIRIGIDES

DEL 12 AL 16 DE JULIOL DEL 2021  
CEM L'ESPANYA INDUSTRIAL

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
<b>MATÍ</b>					
7:00		<b>RUN &amp; FIT</b> exterior 50' ***			
7:10	<b>CROSS ENDURANCE</b> pati 50' ***	<b>CYCLING VIRTUAL</b> sala CY 50' ***	<b>BODYFITNESS</b> Pati 50' ***	<b>TBC</b> Pati 50' ***	<b>CROSS ENDURANCE</b> Pati 50' ***
8:00	<b>ATLES CYCLING</b> pati 50' ***	<b>TBC</b> pati 50' ***	<b>GAC</b> pati 45' **	<b>ATLES CYCLING</b> pati 50' ***	<b>CYCLING VIRTUAL</b> sala CY 50' ***
8:10	<b>08:00H ESTIRAMENTS</b> sala 1 45' *	<b>08:00H ESTIRAMENTS</b> sala 1 45' *	<b>ZUMBA®</b> sala 1 50' **	<b>EN FORMA</b> sala 1 45' **	<b>GAC</b> pati 45' **
8:10			<b>CYCLING VIRTUAL</b> sala CY 50' ***		
9:00	<b>GIM SUAU</b> sala 1 45' *	<b>GIM SUAU</b> sala 1 45' *	<b>ESTIRAMENTS</b> sala 1 45' *	<b>GIM SUAU</b> sala 1 45' *	<b>ATLES CYCLING</b> pati 50' ***
9:10	<b>ZUMBA®</b> pati 50' **	<b>ATLES CYCLING</b> pati 50' ***	<b>TBC</b> pati 50' ***	<b>GAC</b> pati 45' **	<b>BODYFITNESS</b> sala 1 50' ***
10:00				<b>CYCLING VIRTUAL</b> sala CY 50' ***	
10:00	<b>CYCLING VIRTUAL</b> sala CY 50' ***	<b>10:10H ZUMBA®</b> pati 50' **		<b>GIM SUAU</b> pati 45' *	<b>ESTIRAMENTS</b> sala 2 45' *
10:10	<b>EN FORMA</b> pati 45' **	<b>GAC</b> sala 1 45' **	<b>EN FORMA</b> pati 45' **	<b>CORE</b> sala 1 45' *	<b>ZUMBA®</b> pati 50' **
11:00	<b>POSTPART</b> sala 1 45' € MamiAtles	<b>CYCLING VIRTUAL</b> sala CY 50' ***	<b>ATLES CYCLING</b> pati 50' ***		<b>CYCLING VIRTUAL</b> sala CY 50' ***
11:10	<b>PILATES INICI</b> pati 45' *	<b>CORE</b> pati 45' *		<b>ZUMBA®</b> pati 50' **	<b>EN FORMA</b> Pati 45' **
<b>MIGDIA</b>					
12:10	<b>GAC</b> pati 45' **	<b>ESTIRAMENTS</b> sala 1 45' *	<b>ZUMBA®</b> pati 50' **	<b>PILATES INICI</b> sala 1 45' *	<b>TBC</b> pati 50' ***
12:10	<b>CYCLING VIRTUAL</b> sala CY 50' ***		<b>12.15 HIPOPRESSIUS</b> sala 2 45' € MamiAtles	<b>CYCLING VIRTUAL</b> sala CY 50' ***	
13:00		<b>INTRO HIPOPRESSIUS</b> sala 2 45' € MamiAtles	<b>EMBARÀS EN FORMA</b> sala 2 45' € MamiAtles		
13:10		<b>CYCLING VIRTUAL</b> sala CY 50' ***			<b>CYCLING VIRTUAL</b> sala CY 50' ***
14:10	<b>ATLES CYCLING</b> pati 50' ***	<b>POWERBOXING</b> sala 1 50' ***	<b>ATLES CYCLING</b> pati 50' ***	<b>ZUMBA®</b> sala 1 50' **	<b>CROSS POWER</b> BOX 50' ***
14:10	<b>CROSS ENDURANCE</b> sala 1 50' ***		<b>BODYFITNESS</b> sala 1 50' ***		<b>GAC</b> sala 1 45' **
15:10	<b>BODYFITNESS</b> sala 1 50' ***	<b>CYCLING VIRTUAL</b> sala CY 50' ***	<b>CROSS POWER</b> BOX 50' ***	<b>ATLES CYCLING</b> pati 50' ***	<b>ATLES CYCLING</b> pati 50' ***
15:10		<b>GAC</b> sala 1 45' **		<b>CROSS ENDURANCE</b> sala 1 50' ***	
<b>TARDA</b>					
16:00			<b>16:10 CYCLING VIRTUAL</b> sala CY 50' ***		<b>PREPART C&amp;M</b> 45' € MamiAtles
17:10	<b>CORE</b> sala 1 45' *	<b>ZUMBA®</b> sala 1 50' **	<b>ESTIRAMENTS</b> sala 1 45' *	<b>EN FORMA</b> pati 45' **	<b>PILATES INICI</b> sala 1 45' *
17:10	<b>CYCLING VIRTUAL</b> sala CY 50' ***	<b>ESQUENA</b> sala 2 45' € MamiAtles			
18:00		<b>CYCLING VIRTUAL</b> sala CY 50' ***	<b>ZUMBA®</b> pati 50' **	<b>ATLES CYCLING</b> pati 50' ***	<b>ATLES CYCLING</b> pati 50' ***
18:10	<b>TBC</b> sala 1 50' ***	<b>GAC</b> pati 45' **	<b>EN FORMA</b> sala 1 45' **	<b>POWERBOXING</b> sala 1 50' ***	<b>GAC</b> sala 1 45' **
18:15		<b>EMBARÀS EN FORMA</b> sala 2 45' € MamiAtles		<b>HIPOPRESSIUS</b> sala 2 45' € MamiAtles	
19:00	<b>ATLES CYCLING</b> sala CY 50' ***	<b>ATLES CYCLING</b> pati 50' ***	<b>ATLES CYCLING</b> pati 50' ***	<b>ATLES CYCLING</b> sala CY 50' ***	<b>ATLES CYCLING</b> pati 50' ***
19:10	<b>ZUMBA®</b> pati 50' **	<b>TBC</b> sala 1 50' ***	<b>BODYFITNESS</b> sala 1 50' ***	<b>ZUMBA®</b> pati 50' **	<b>BODYFITNESS</b> sala 1 50' ***
<b>VESPRE / NIT</b>					
20:00	<b>ATLES CYCLING</b> sala CY 50' ***	<b>ATLES CYCLING</b> sala CY 50' ***	<b>ATLES CYCLING</b> sala CY 50' ***	<b>CYCLING VIRTUAL</b> sala CY 50' ***	<b>CYCLING VIRTUAL</b> sala CY 50' ***
20:10	<b>BODYFITNESS</b> sala 1 50' ***	<b>RUN &amp; FIT</b> Exterior 50' ***	<b>PILATES INICI</b> pati 45' *	<b>CROSS ENDURANCE</b> sala 1 50' ***	<b>ZUMBA®</b> sala 1 50' **
21:10	<b>CYCLING VIRTUAL</b> sala CY 50' ***	<b>CYCLING VIRTUAL</b> sala CY 50' ***	<b>CYCLING VIRTUAL</b> sala CY 50' ***	<b>CYCLING VIRTUAL</b> sala CY 50' ***	<b>CYCLING VIRTUAL</b> sala CY 50' ***