

# HORARIS ACTIVITATS DIRIGIDES

INICI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
8:00	Exterior					CAMINADA (2H)	
8:30	1		ESQUENA SANA (50')		ESQUENA SANA (50')		
	2	EN FORMA (50')		EN FORMA (50')			
9:00	1			HIPOPRESSIUS (30')			
	2		LES MILLS CXWORX				
9:30	1	COUNTRY (50')		COUNTRY (50')		LES MILLS CXWORX	
	2	LES MILLS BODYPUMP	STEP (50')	TBC (50')	LES MILLS CXWORX	COUNTRY (50')	
10:00	2				LES MILLS SH'BAM		
	Fitness	F. TRAINING (30')					
10:30	1	ZUMBA		LES MILLS CXWORX		PILATES (50')	
	2	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP		LES MILLS BODYPUMP
11:30	1		HIPOPRESSIUS (30')		HIPOPRESSIUS (30')		
	2						LES MILLS BODYBALANCE
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14:00	1			HIPOPRESSIUS (30')			
14:15	2			LES MILLS BODYPUMP			
15:15	2		LES MILLS BODYPUMP	STEP (50')	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	
15:30	2	LES MILLS CXWORX					
16:05	2	TBC (50')	LES MILLS BODYBALANCE	HIPOPRESSIUS (30')	HIPOPRESSIUS (30')		
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17:00	2	HIPOPRESSIUS (30')					
17:30	1			LES MILLS BODYBALANCE	ZUMBA		
	2	LES MILLS SH'BAM					
18:00	1		PILATES (50')		PILATES (50')		
	2					LES MILLS BODYPUMP	
18:30	1			LES MILLS CXWORX			
	2	LES MILLS BODYPUMP					
19:00	1		HIPOPRESSIUS (30')		HIPOPRESSIUS (30')		
	2					LES MILLS BODYBALANCE	
19:30	1	ZUMBA (50')	LES MILLS CXWORX	LES MILLS SH'BAM	LES MILLS BODYPUMP		
	2	LES MILLS BODYBALANCE	LES MILLS BODYPUMP		LES MILLS CXWORX		
	Fitness			F. TRAINING (30')			
20:00	1		HIIT (30')				
	2					ZUMBA	
	Fitness	F. TRAINING (30')					
20:30	1			LES MILLS BODYPUMP	LES MILLS BODYBALANCE		
	2	LES MILLS CXWORX	ZUMBA				
	Fitness				F. TRAINING (30')		
21:00	Fitness		F. TRAINING (30')				

OUTDOOR

BODY-MIND

TONIFICACIÓ MUSCULAR

COREOGRAFIADES

## HORARIS CYCLING

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:15	VIRTUAL (50')		VIRTUAL (50')	VIRTUAL (50')			
8:15	VIRTUAL (50')	VIRTUAL (50')			VIRTUAL (50')		
9:30		CYCLING (50')	CYCLING (50')	CYCLING (50')	VIRTUAL (50')	CYCLING (50')	
10:30				CYCLING (50')			VIRTUAL (50')
11:00							
11:30	VIRTUAL (50')		VIRTUAL (50')		VIRTUAL (50')		
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14:00							
14:15		CYCLING (50')		CYCLING (50')			
15:15	VIRTUAL (50')		VIRTUAL (50')		VIRTUAL (50')		
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17:00	VIRTUAL (50')	VIRTUAL (50')		VIRTUAL (50')	VIRTUAL (50')		
18:00					VIRTUAL (50')		
18:30	CYCLING (50')	CYCLING (50')	CYCLING (50')	CYCLING (50')			
19:30	CYCLING (50')		CYCLING (50')		CYCLING (50')		
20:30	CYCLING (50')	CYCLING (50')	CYCLING (50')	CYCLING (50')			