

ACTIVITATS DIRIGIDES

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:00h SALA AADD FUNTIONAL 50' BRUNO	07:00h SALA AADD POWER PUMP 50' BRUNO	7:00h SALA CICLO CYCLING 50' BRUNO	07:00h SALA AADD ENTR.TOTAL 50' BRUNO	07:00h SALA AADD FUNTIONAL 50' BRUNO
08:00h SALA AADD GAC 50' BRUNO	8:00h SALA CICLO CYCLING 50' BRUNO	08:00h SALA AADD GAC 50' BRUNO	08:00h SALA AADD POWER PUMP 50' MARCO	08:00h SALA AADD TONIFICACIÓ 50' BRUNO
	8:00h SALA AADD TONIFICACIÓ 50' MARCO	8:00h PISCINA GLOBALSWIM 45' RAQUEL	8:00h SALA CICLO CYCLING 50' BRUNO	8:00h PISCINA GLOBALSWIM 45' RAQUEL
09:00h SALA AADD POWER PUMP 50' MARCO	9:00h SALA AADD GLUTIS 30' MARCO	9:00h SALA AADD ENTR. TOTAL 50' MARCO	9:00h SALA AADD GAC 50' MARCO	9:00h SALA AADD POWERPUMP 50' MARCO
10:00h SALA AADD TONIFICACIÓ 50' MARCO	9:30h SALA AADD ABDOMINALS 20' MARCO	10:00h PISCINA AQUATONO 45' GUILLEM	10:00h SALA AADD GYM SUAU 50' MARCO	10:00h PISCINA AQUATONO 45' GUILLEM
10:00h PISCINA AQUATONO 45' GUILLEM	10:00h SALA AADD GYM SUAU 50' MARCO	10:00h SALA AADD TONIFICACIÓ 50' MARCO	11:00h SALA AADD TONIFICACIÓ 50' MARCO	10:00h SALA AADD TONIFICACIÓ 50' MARCO
11:00h SALA AADD CORE/STRETCHING 50' MARCO	11:00h SALA AADD TONIFICACIÓ 50' MARCO	11:00h SALA AADD CORE/STRETCHING 50' MARCO		11:00h SALA AADD CORE/STRETCHING 50' MARCO
13:10h SALA AADD FUNTIONAL 50' ALEX	13:10h SALA AADD FITBOXING 50' ALEX	13:10h SALA AADD STRENGTH TABATA 30' ALEX	13:10h SALA CICLO CYCLING 50' ALEX	13:10h SALA AADD CROSS SALLE 50' ALEX
14:10h SALA CICLO CYCLING 50' ALEX	14:10h SALA AADD STRENGTH TABATA 30' ALEX	13:45h SALA AADD ESTIRAMENTS 20' ALEX	14:10h SALA AADD FITBOXING 50' ALEX	14:10h SALA AADD CORE MOBILITY 50' ALEX
	14:40h SALA AADD ESTIRAMENTS 20' ALEX	14:15h SALA CICLO FIT CYCLING 50' ALEX		
16:00h SALA AADD PILATES 50' CLAUDIA	16:00h SALA AADD TONIFICACIÓ 50' CLAUDIA	16:00h SALA AADD PILATES 50' CLAUDIA	16:00h SALA AADD TONIFICACIÓ 50' CLAUDIA	16:00h SALA AADD GLUTIS 30' CLAUDIA
17:00h SALA AADD TONIFICACIÓ 50' CLAUDIA	17:00h SALA AADD POWER PUMP 50' CLAUDIA	17:00h SALA AADD TONIFICACIÓ 50' CLAUDIA	17:00h SALA AADD GLUTIS 30' CLAUDIA	16:30h SALA AADD ABDOMINALS 20' CLAUDIA
18:00h SALA AADD CARDIO HIT 50' CLAUDIA	18:00h SALA AADD PILATES 50' CLAUDIA	18:00h SALA AADD CARDIO HIIT 50' CLAUDIA	17:30h SALA AADD ABDOMINALS 20' CLAUDIA	17:00h SALA AADD TONIFICACIÓ 50' CLAUDIA
19:00h SALA AADD POWER PUMP 50' MARCO		19:00h SALA AADD POWER PUMP 50' MARCO	18:00h SALA AADD PILATES 50' CLAUDIA	18:00h SALA AADD CORE/STRETCHING 50' CLAUDIA
19:00h SALA CICLO FIT CYCLING 50' MARI	19:00h SALA CICLO CYCLING 50' MARI	19:00h SALA CICLO FIT CYCLING 50' MARI	19:00h SALA AADD ZUMBSALLE 50' CLAUDIA	19:00h SALA AADD CARDIO HIT 50' MARI
19:15h PISCINA AQUATONO 45' CLAUDIA	19:00h SALA AADD ZUMBSALLE 50' CLAUDIA	19:15h PISCINA AQUATONO 45' CLAUDIA	19:00h SALA CICLO CYCLING 50' MARI	
19:15h PISCINA GLOBALSWIM 45' JOAN ANTONI	19:15h PISCINA AQUATONO 45' MARZENA	19:15h PISCINA CROSSSWIM 45' JOAN ANTONI	19:15h PISCINA AQUATONO 45' MARZENA	
20:00h SALA AADD ZUMBSALLE 50' MARI	19:15h PISCINA GLOBALSWIM 45' JOAN ANTONI	20:00h SALA AADD CARDIO TONO 50' MARI	19:15h PISCINA GLOBALSWIM 45' JOAN ANTONI	
20:00h SALA CICLO CYCLING 50' MARCO	20:00h SALA AADD ENTR. TOTAL 50' MARI	20:00h SALA CICLO CYCLING 50' MARCO	20:00h SALA AADD ENTR. TOTAL 50' MARI	
<b>Tècnic/a de sala:</b>				
<b>Sala Funcional: De 16h a 18:45h</b>	<b>Sala Funcional: De 12h a 15h</b>	<b>Sala Funcional: De 16h a 18:45h</b>	<b>Sala Funcional: De 12h a 15h</b>	<b>Sala Funcional: De 12h a 14:30h i de 17h a 19h</b>
<b>Sala Fitness: De 7h a 14h i de 14:30h a 22h</b>	<b>Sala Fitness: De 7h a 14h i de 14:30h a 22h</b>	<b>Sala Fitness: De 7h a 14h i de 14:30h a 22h</b>	<b>Sala Fitness: De 7h a 14h i de 14:30h a 22h</b>	<b>Sala Fitness: De 7h a 14h i de 14:30h a 22h</b>