

**ACTIVITATS DIRIGIDES NADAL 2020**

inici	24 Des dijous	E	25 Des divendres	26 Des dissabte	27 Des diumenge	28 Des dilluns	E	29 Des dimarts	E	30 Des dimecres	E	31 Des dijous	E	1 Gen divendres	2 Gen dissabte	3 Gen diumenge	4 Gen dilluns	E	5 Gener dimarts	E	6 Gen dimecres
7:15	BODYPUMP	1						TBC	1			BODYPUMP	1						TBC	1	
7:30										CYCLING	5								CYCLING	5	
8:05	ABD Xpress	F						ABD Xpress	F			ABD Xpress	F						ABD Xpress	F	
8:20										ABD Xpress	F								ABD Xpress	F	
8:30	AQUAGYM	P						AQUAGYM	P	ESQUENA SANA	1	AQUAGYM	P						AQUAGYM	P	
9:30	IOGA NIDRA	1						HATHA IOGA	1	PILATES	6								HATHA IOGA	1	
9:30	CYCLING	5						CYCLING	5	TBC	1	CYCLING	5		MMT-BOX 45'				CYCLING	5	
10:20	ABD Xpress	F						ABD Xpress	F			ABD Xpress	F						ABD Xpress	F	
10:30	BOXA	2		Horari: 09.30 a 14.30h	Horari: 09.30 a 14.30h	BODYPUMP	1	BOXA	2	ZUMBA	1	BOXA	2			Horari: 09.30 a 14.30h	BODYPUMP	1	BOXA	2	
10:30						AQUAGYM	P	AQUAGYM	P	AQUAGYM	P				CYCLING 60'				AQUAGYM	P	
13:30	MMT-BOX	F																			
13:30	PILATES	6				TBC	1	PILATES	6	TBC	1	PILATES	6						PILATES	6	
14:15										HIPOPRESSIUS	1										
14:15	CYCLING	5						CYCLING	5			CYCLING	5						CYCLING	5	
15:10	ABD Xpress	F						ABD Xpress	F			ABD Xpress	F						ABD Xpress	F	
15:30	AQUACROSS	P				BODY COMBAT	1	AQUAGYM	P	TBC 45'	1	AQUACROSS	P						BODY COMBAT	1	
15:30								FUNCIONAL	F										FUNCIONAL	F	
16:15										ABD Xpress	1										
17:30						PILATES	1			PILATES	6								PILATES	1	
17:30								TBC	1	AEROSTEP	1										
18:00						CYCLING	5	CYCLING	5	CYCLING	5								CYCLING	5	
18:30						TBC	1	BODYPUMP	1	TBC	1								TBC	1	
18:30	Tancament 18.30h					HATHA IOGA	3	POWER IOGA	3	KUNDALINI	3		Tancament 18.30H						HATHA IOGA	3	Tancament 18.30H
18:30						AERODANCE	6	BOXA	2	BODY COMBAT					Horari: 09.00 A 20.00H				AERODANCE	6	
18:50						ABD Xpress	8	ABD Xpress	F	ABD Xpress	F								ABD Xpress	8	
19:00						CYCLING	5	CYCLING	5	CYCLING	5								CYCLING 45'	5	
19:30								AQUACROSS	P												
19:30																					
19:30						PILATES	6		6	PILATES	6								PILATES 45'	6	
19:30						BODYPUMP	1	TBC	1	BODYPUMP	1								BODYPUMP	1	

Horari de tancament excepcional: de dilluns a divendres a les 21.30h (fitness i piscina a les 21.15h)

**NOU HORARI D'APERTURA DE SALA DE FITNESS: 06.00H  
A PARTIR DEL 04 DE GENER**

\* Horari d'apertura excepcional fitness toc de queda 6.15h