

GRAELLA D'ACTIVITATS 2021

LABORABLES MATÍ

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
06:30 – 07:45	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA
06:50 – 07:40	CYCLING		CYCLING	BODYPUMP (SALA 1)	CYCLING
07:45 – 09:00	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA
09:00 – 10:15	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA
09:10 - 10:00	PILATES (SALA 1)		PILATES (SALA 1)		
09:20 – 10:10	GAC (SALA 2)	PILATES (SALA 1)	BODYPUMP (SALA 2)	PILATES (SALA 1)	BODY BALANCE (SALA 1)
09:50 – 10:40	AQUATONO (PISCINA GRAN)	CYCLING	AQUATONO (PISCINA GRAN)	CYCLING	AQUATONO (PISCINA GRAN)
10:00 – 10:50					BODY PUMP (SALA 2)
10:15 – 11:30	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA
10:30 – 11:20	ESQUENA (SALA 1)	ZUMBA (SALA 1)	BODY BALANCE (SALA 1)	ZUMBA (SALA 1)	STRETCHING (SALA 1)
11:20 – 12:10	AQUATONO (PISCINA PETITA)	AQUATONO (PISCINA PETITA)	AQUATONO (PISCINA PETITA)	AQUATONO (PISCINA PETITA)	AQUATONO (PISCINA PETITA)
11:30 – 12:45	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA
11:50 – 12:40	STRETCHING (SALA 1)	IN AIR (SALA 2)	ESQUENA (SALA 1)	IN AIR (SALA 2)	
12:45 – 14:00	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA



Activitats de treball cardiovascular



Activitats de treball mixt i tonificació muscular



Activitats de core i posturals



Activitats aquàtiques



Ús lliure espai esportiu

GRAELLA D'ACTIVITATS 2021

LABORABLES TARDA

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
14:00 – 15:15	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA
15:15 – 16:30	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA
16:30 – 17:45	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA
17:20 – 18:10	BODYBALANCE (SALA 1)	BODYPUMP (SALA 1)	BODYBALANCE (SALA 1)	GAC (SALA 1)	BODY BALANCE (SALA 1)
17:45 – 19:00	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA
17:50 – 18:40	IN AIR (SALA 2)		IN AIR (SALA 2)		
18:30 – 19:20	CYCLING	FUNCIONAL (SALA 1)	CYCLING	PILATES (SALA 1)	CYCLING
18:40 – 19:30		BODYBALANCE (SALA 2)		FUNCIONAL (SALA 2)	
18:45 – 19:35	ZUMBA (SALA 1)		ZUMBA (SALA 1)		
19:00 – 20:15	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA
19:20 – 20:10		AQUATONO (PISCINA PETITA)	TRX/ABD (SALA 2)	AQUATONO (PISCINA PETITA)	BODY PUMP (SALA 1)
19:50 – 20:40		BODY PUMP (SALA 1)		BODY PUMP (SALA 1)	
20:00 – 20:50		CYCLING		CYCLING	
20:15 – 21:30	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA	SALA FITNESS – PISCINA



Activitats de treball cardiovascular



Activitats de treball mixt i tonificació muscular



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Activitats aquàtiques






Ús lliure espai esportiu



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CAP DE SETMANA

DISSABTE	
09:00 – 10:15	SALA FITNESS – PISCINA
09:50 – 10:40	CYCLING
10:15 – 11:30	SALA FITNESS – PISCINA
11:00 – 11:50	FUNCIONAL (SALA 1)
11:30 – 12:45	SALA FITNESS – PISCINA
12:45 – 14:00	SALA FITNESS – PISCINA
15:30 – 16:45	SALA FITNESS – PISCINA
16:45 – 18:00	SALA FITNESS – PISCINA
18:00 – 19:15	SALA FITNESS – PISCINA
19:15 – 20:30	SALA FITNESS – PISCINA

DIUMENGE	
09:00 – 10:30	SALA FITNESS – PISCINA
10:30 – 12:00	SALA FITNESS – PISCINA
12:00 – 13:30	SALA FITNESS – PISCINA
13:30 – 15:00	SALA FITNESS – PISCINA

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