



HORARI

D'ACTIVITATS DIRIGIDES

2020-21

	Hora	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres
Matí	7:10 - 8:00	AD		GAC		LES MILLS BODYPUMP	PILATES
		ILLA BIKE	ILLA BIKE		ILLA BIKE		
	8:00 - 8:50	AD	IOGA 8:15-9:30			PILATES	
		PISCINA					AQUAGYM
	9:00 - 9:30	AD					POWER JUMPING 30'
	9:15 - 10:20	AD				IOGA	
	9:30 - 10:20	AD	LES MILLS BODYPUMP	PILATES	ZUMBA		LES MILLS BODYPUMP
		ILLA BIKE	ILLA BIKE	ILLA BIKE		ILLA BIKE	
		EXTERIOR			PASSEJADES		REACTIVA'T
		PISCINA	AQUAGYM			AQUADANCE	
10:30 - 11:20	AD	PILATES	LES MILLS BODYPUMP	BODYFIT	ZUMBA	ESQUENA SANA	
	ILLA BIKE						
	PISCINA	AQUAGYM					
11:30 - 12:20	AD	BODYFIT	SALUT ARTICULAR	POWER JUMPING 30' POWER JUMPING 30'	PILATES	ZUMBA	
14:10 - 15:00	ILLA BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
15:00 - 15:50	AD	LES MILLS BODYPUMP	IOGA 15:15-16:20	POWER JUMPING 30' POWER JUMPING 30'	BODYFIT		
	ILLA BIKE					ILLA BIKE	
Tarda	17:00 - 17:30	AD				POWER JUMPING 30'	
	17:30 - 18:20	AD	GAC	POWER JUMPING 30' POWER JUMPING 30'	BODYFIT	LES MILLS BODYPUMP	IOGA 17:00
		AD	ZUMBA	LES MILLS BODYPUMP	STEP DANCE	LES MILLS BODYATTACK	POWER JUMPING 30' POWER JUMPING 30'
	18:30 - 19:20	ILLA BIKE	ILLA BIKE	ILLA BIKE	ILLA BIKE	ILLA BIKE	
		EXTERIOR	CROSS TRAINING				
	19:30 - 20:20	AD	PILATES	LES MILLS BODYATTACK	ZUMBA	LES MILLS BODYPUMP	CROSS TRAINING
		PISCINA	TRI SWIM	AQUAGYM		AQUAGYM	
		EXTERIOR	TRI RUNNING	TRI RUNNING		TRI RUNNING	
		ILLA BIKE	ILLA BIKE	ILLA BIKE	ILLA BIKE	ILLA BIKE	VIRTUAL BIKE
	20:30 - 21:20	AD	LES MILLS BODYPUMP	PILATES	TAICHI	LES MILLS BODYPUMP	ZUMBA

Dissabte
Diumenge
VIRTUAL BIKE
ILLA BIKE
BODYFIT
VIRTUAL BIKE

HORARI CENTRE

DE DILLUNS A DIVENDRES 7:00 - 23:00 h.

DISSABTES 9:00 - 20:00 h.

DIUMENGES I FESTIUS 9:00 - 15:00 h.

L'horari d'ús de les instal·lacions esportives finalitzarà 30 minuts abans del tancament del centre.

Aquest horari és susceptible a modificacions per part de la direcció del centre en funció de les necessitats del servei.