ILLA ACTIVA

HORARI
D'ACTIVITATS DIRIGIDES
2021

	Hora	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
Matí	7:10 - 8:00	AD		GAC		LesMILLS BODYPUMP	PILATES		VIRTUAL BIKE
	8:00 - 8:50	AD	IOGA 8:15-9:30		PILATES				
		PISCINA					AQUAGYM		
	9:00 - 9:30	AD					ABDOMINALS 30'		
	9:15 - 10:20	AD				IOGA			
	9:30 - 10:20	AD	LesMILLS BODYPUMP	PILATES	GAC		LesMILLS BODYPUMP		
		ILLA BIKE	ILLA BIKE	ILLA BIKE		ILLA BIKE			
		EXTERIOR			PASSEJADES		REACTIVA'T		
		PISCINA	AQUAGYM			AQUADANCE			
	10:30 - 11:20	AD	PILATES	LesMILLS BODYPUMP	BODYFIT	GAC	ESQUENA SANA		
		ILLA BIKE						ILLA BIKE	
		PISCINA		AQUAGYM					
	11:30 - 12:20	AD	BODYFIT	SALUT ARTICULAR	ABDOMINALS 30' ABDOMINALS 30'	PILATES	GAC	BODYFIT	
	14:10 - 15:00	ILLA BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE		
	15:00 - 15:50	AD	LesMILLS BODYPUMP	IOGA 15:15-16:20	ABDOMINALS 30' ABDOMINALS 30'	BODYFIT			
		ILLA BIKE					ILLA BIKE		
Tarda	17:00 - 17:30	AD				ABDOMINALS 30'			
	17:30 - 18:20	AD	GAC	ABDOMINALS 30' ABDOMINALS 30'	BODYFIT	LesMILLS BODYPUMP	IOGA 17:00	VIRTUAL BIKE	
	18:30 - 19:20	AD	BODYFIT	LesMILLS BODYPUMP	ABDOMINALS 30' ABDOMINALS 30'	BODYFIT	ABDOMINALS 30' ABDOMINALS 30'		
		ILLA BIKE	ILLA BIKE	ILLA BIKE	ILLA BIKE	ILLA BIKE			
		EXTERIOR	CROSS TRAINING						
	19:30 - 20:20	AD	PILATES	BODYFIT	GAC	LesMILLS 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		

HORARI CENTRE

DE DILLUNS A DIVENDRES 7:00 - 21:00 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 modificcions per part de la direcció del centre en funció de les necessitats del servei.

Ajuntament de l'Ametlla del Vallès