



Activitats Dirigides

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.00					
15'					
30'					
45'					
09.00	SpinDiR 07:15 a 08:00h Sala 4	Aqua DiR 07:15 a 08:00 h Piscina	SpinDiR 07:15 A 08:00h Sala 4	Aqua DiR 07:15 a 08:00 h Piscina	
15'	Body Pump 09:00 A 09:45h Sala 3	Aprima't 09:00 A 09:45h Sala 3	Aprima't 09:00 A 09:45h Sala 3	Body Pump 09:00 A 09:45h Sala 3	Cul 10 09:00 A 09:45h Sala 3
30'					
45'					
09.00	Zumba GOLD 09:00 A 09:45h Sala 6			Cuida't Funcional 09:00 A 09:45h Sala 6	
15'					
30'					
45'					
10.00	Cuida't Funcional 10:00 A 10:45h Sala 3	Body Pump 10:00 A 10:45h Sala 3	Pilates 10:00 A 10:45h Sala 3	CrossDiR 10:00 A 10:45h SF zona funcional	Cuida't Funcional 10:00 A 10:45h Sala 3
15'					
30'					
45'					
10.00	Pilates 10:00 a 10:45h Sala 6	SpinDiR 10:00 A 10:45h Sala 4	Zumba GOLD 10:00 a 10:45h Sala 5		CrossDiR 10:00 A 10:45h SF zona funcional
15'					
30'					
45'					
10.00			loga DiR 10:00 a 10:45h Sala 6		
15'					
30'					
45'					
11.00	loga DiR 11:00 a 11:45h Sala 6	Aqua DiR 10.45 a 11.15 h Piscina	Mobility 11:00 a 11:45h Sala 6	Aqua DiR 10.45 a 11.15 h Piscina	Pilates 11:00 a 11:45h Sala 3
15'					
30'					
45'					
11.00		Pilates 11:00 a 11:45h Sala 6			
15'					
30'					
45'					
12.00	Correctiva 12:00 a 12:45h Sala 3	Correctiva 12:00 a 12:45h Sala 3	Correctiva 12:00 a 12:45h Sala 3		Correctiva 12:00 a 12:45h Sala 3
15'					
30'					
45'					
13.00	Aqua DiR 13:00 a 13:45 h Piscina		Aqua DiR 13:00 a 13:45 h Piscina		
15'					
30'					
45'					
14.00			CrossDiR 14:15 A 15:00h SF zona funcional	CrossDiR 14:15 A 15:00h SF zona funcional	
15'					
30'					
45'					
15.00					
15'					
30'					
45'					
18.00	Tonifica't 18:00 A 18:45h Sala 3	Pilates 18:00 A 18:45h Sala 6	Body Pump 18:00 A 18:45h Sala 3	Cul 10 18:00 A 18:45h Sala 6	Cul 10 18:00 A 18:45h Sala 6
15'					
30'					
45'					
18.00	CrossDiR 18:00 A 18:45h Sala 5	Zumba 18:00 A 18:45h Sala 3	SpinDiR 18:00 A 18:45h Sala 4	Cuida't Funcional 18:00 A 18:45h Sala 3	Zumba 18:00 A 18:45h Sala 3
15'					
30'					
45'					
18.00					
15'					
30'					
45'					
19.00	Pilates 19:00 A 19:45h Sala 3	Body Pump 19:00 A 19:45h Sala 3	loga DiR 19:00 A 19:45h Sala 6	TonoStretch 19:00 A 19:45h Sala 6	SpinDiR 19:00 A 19:45h Sala 4
15'					
30'					
45'					
19.00	Zumba 19:00 A 19:45h Sala 6	Cul10 19:00 A 19:45h Sala 6	CrossDir 19:00 A 19:45h Sala 5	Zumba 19:00 A 19:50h Sala 5	loga DiR 19:00 a 19:45h Sala 6
15'					
30'					
45'					
19.00	SpinDiR 19:00 A 19:45h Sala 4	SpinDiR 19:00 A 19:45h Sala 4	Aprima't 19:00 A 19:45h Sala 3	Body Pump 19:00 A 19:45h Sala 3	
15'					
30'					
45'					
19.00				SpinDiR 19:00 A 19:45h Sala 4	
15'					
30'					
45'					
20.00	Body Pump 20:00 a 20:45h Sala 3	Pilates 20:00 A 20:45h Sala 3	Zumba 20:00 A 20:45h Sala 3	Pilates 20:00 A 20:45h Sala 3	
15'					
30'					
45'					
20.00		CrossDir 20:00 A 20:45h Sala 5		CrossDir 20:00 A 20:45h Sala 5	
15'					
30'					
45'					
20.00	Aqua DiR 20:15 a 21:00 h Piscina		Aqua DiR 20:15 a 21:00 h Piscina		Aqua DiR 20:15 a 21:00 h Piscina
15'					
30'					
45'					

- Sessions de ball
- Sessions CrossDiR
- Sessions Cuida't
- Sessions musculars
- Sessions d'alta intensitat
- Sessions de baixa intensitat