



## HORARIS ACTIVITATS DIRIGIDES

HORA	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:10	S1	SPINNING		STEP-TONO		ESTIRAMENTS	
9:15	S1	TONO	BODY-COMPLET	STEP-TONO	PILATES	STEP-TONO	COMPLET
	Piscina	AIGUAGYM					
10:00	S2	HATHA-IOGA	HATHA-IOGA				
10:15	Piscina	AIGUAGYM		AIGUAGYM		AIGUAGYM	AIGUAGYM
10:30	S1	STEP-TONO		BODY-COMPLET		COMPLET	
11:00	S2		HATHA-IOGA	HATHA-IOGA	HATHA-IOGA		
11:30	S1	ESTIRAMENTS		AIGUAGYM		PILATES	
12:00	S2						SPINNING
14:15	S1	POWER-PUMP	STEP-TONO	BODY-TONO	ZUMBA	SPINNING	
18:00	S2	TONO		POWER-PUMP			
	Piscina		AIGUAGYM		AIGUAGYM		
18:35	S2		HATHA-IOGA		HATHA-IOGA		
19:00	S2	POWER-PUMP		ZUMBA		HATHA-IOGA	
19:45	S2		SPINNING		SPINNING		
19:50	Piscina	AIGUAGYM		AIGUAGYM			
20:00	S1		GAC		BODY-TONO		
20:30	S2	HATHA-OIGA		HATHA-OIGA			

Intensitat: GRADUABLE ALTA MITJANA BAIXA