

# HORARIS ACTIVITATS DIRIGIDES 2021

A parti del 6 de Setembre

**Dilluns a divendres**  
6:30 - 23:00h.

**Dissabtes**  
9:00 - 19:00h.

**Diumenges i festius**  
9:30 - 14:30h.

- CARDIO
- COREOGRAFIADES
- COS Y MENT
- ARTS MARCIALS
- SALUT
- TONIFICACIÓ
- PISCINA

\* Cal respectar les normatives exposades al club com a mesures de seguretat pel COVID-19.

\* La duració màxima de les activitats serà temporalment de 45' per poder garantir la desinfecció dels espais.

## DISSABTE

10:00h **BODYPUMP S3**  
11:00h **CYCLING S1**  
11:15h **ZUMBA S6**

## DIUMENGE

10:00h **CYCLING S1**

## DILLUNS

7:30h **CYCLING VIRTUAL S1**  
8:00h  
8:30h **AQUADYNAMIC PSC**  
8:30h **VINYASA IOGA S6**  
9:30h  
9:30h **AQUADYNAMIC PSC**  
9:30h **EXPRESS CORE 15' S7**  
10:00h **CYCLING S1**  
10:30h **HATHA IOGA S6**  
10:30h  
10:45h  
11:00h **HIPOS 30' S5**  
11:30h **Q MAMIS POSTPART S6**  
11:30h **EXPRESS CORE 15' S7**  
13:00h **CROSS SYNERGI S7**  
13:30h **BODYPUMP S3**  
14:00h **CYCLING S1**  
15:30h **AQUAGYM PSC**  
16:30h  
17:30h **CYCLING VIRTUAL S1**  
17:30h  
17:30h **T.B.C S3**  
18:00h  
18:30h **BODYCOMBAT S3**  
18:30h **CYCLING S1**  
18:30h **PILATES S6**  
19:15h  
19:30h **BODYPUMP S3**  
19:30h  
19:30h **IOGALATES S6**  
19:30h **CYCLING S1**  
19:30h **AQUAEMBARÀS PSC**  
20:15h **JIU JITSU S4**  
20:30h **EXPRESS CORE 15' S7**  
20:30h **AQUADYNAMIC PSC**  
20:30h **CYCLING VIRTUAL S1**

## DIMARTS

7:30h **CYCLING S1**  
8:00h **Q-RUNNING OUT**  
8:30h  
8:30h **AQUASENIOR PSC**  
9:30h  
9:30h **BODYBALANCE S3**  
9:30h **EXPRESS CORE 15' S7**  
10:00h  
10:30h **LES MILLS CORE 45' S3**  
10:30h **AQUASENIOR PSC**  
10:45h  
11:00h  
11:30h  
11:30h **EXPRESS CORE 15' S7**  
13:00h **CROSS SYNERGI S7**  
13:30h **PILATES S6**  
14:00h **CYCLING VIRTUAL S1**  
15:30h  
16:30h **CYCLING VIRTUAL S1**  
17:30h  
17:30h **PILATES S6**  
17:30h **LES MILLS CORE 45' S7**  
18:00h  
18:30h **CARDIOATTACK S3**  
18:30h **CYCLING VIRTUAL S1**  
18:30h **STRIDING S8**  
19:15h  
19:30h **ZUMBA S6**  
19:30h  
19:30h **T.B.C S3**  
19:30h **CYCLING S1**  
19:30h  
20:15h  
20:30h  
20:30h **EXPRESS CORE 15' S7**  
20:30h **CYCLING S1**

## DIMECRES

7:30h **BODYPUMP S3**  
8:00h  
8:30h  
8:30h **AQUADYNAMIC PSC**  
9:30h **HATHA IOGA S6**  
9:30h **AQUAGYM PSC**  
9:30h **EXPRESS CORE 15' S7**  
10:00h **CYCLING S1**  
10:30h **IOGA DINAMIC S6**  
10:30h  
10:45h **SH'BAM S3**  
11:00h  
11:30h  
11:30h **EXPRESS CORE 15' S7**  
13:00h  
13:30h **LES MILLS CORE 45' S3**  
14:00h **CYCLING S1**  
15:30h **AQUADYNAMIC PSC**  
16:30h  
17:30h **CYCLING VIRTUAL S1**  
17:30h **G.A.P. S3**  
17:30h **BODYBALANCE S6**  
18:00h  
18:30h **HIPOS 30' S5**  
18:30h **CYCLING S1**  
18:30h **BODYPUMP S3**  
19:15h **Q-RUNNING OUT**  
19:30h **C.ATTACK + CORE S3**  
19:30h **SH'BAM S6**  
19:30h **AQUADYNAMIC PSC**  
19:30h **CYCLING S1**  
19:30h **Q MAMIS EMBARÀS S5**  
20:15h **JIU JITSU S4**  
20:30h **ESPORTIVA ADULTS S5**  
20:30h **EXPRESS CORE 15' S7**  
20:30h **CYCLING VIRTUAL S1**

## DIJOUS

7:30h **CYCLING VIRTUAL S1**  
8:00h **Q-RUNNING OUT**  
8:30h  
8:30h **AQUASENIOR PSC**  
9:30h **VINYASA IOGA S6**  
9:30h **SALUT S3**  
9:30h **EXPRESS CORE 15' S7**  
10:00h  
10:30h **BODYPUMP S3**  
10:30h **AQUASENIOR PSC**  
10:45h  
11:00h  
11:30h **Q MAMIS POSTPART S6**  
11:30h **EXPRESS CORE 15' S7**  
13:00h **CROSS SYNERGI S7**  
13:30h  
14:00h **CYCLING VIRTUAL S1**  
15:30h **AQUADANCE PSC**  
16:30h **CYCLING VIRTUAL S1**  
17:30h  
17:30h  
17:30h **BODYPUMP S3**  
18:00h  
18:30h **BODYCOMBAT S3**  
18:30h **CYCLING VIRTUAL S1**  
18:30h **STRIDING S8**  
19:15h  
19:30h **BODYBALANCE S6**  
19:30h  
19:30h **T.B.C S3**  
19:30h **CYCLING S1**  
19:30h  
20:15h  
20:30h **EXPRESS CORE 15' S7**  
20:30h **ZUMBA S6**  
20:30h **ESTIRAMENTS 30' S5**

## DIVENDRES

7:30h **CYCLING VIRTUAL S1**  
8:00h  
8:30h **AQUAGYM PSC**  
8:30h  
9:30h **AQUAGYM PSC**  
9:30h **BODYBALANCE S3**  
9:30h **EXPRESS CORE 15' S7**  
10:00h **CYCLING S1**  
10:30h **HATHA IOGA S6**  
10:30h  
10:45h  
11:00h  
11:30h  
11:30h **EXPRESS CORE 15' S7**  
13:00h  
13:30h **CROSS SYNERGI S7**  
14:00h **CYCLING S1**  
15:30h  
16:30h  
17:30h **CYCLING VIRTUAL S1**  
17:30h  
17:30h  
17:30h **METABÒLIC S5**  
18:00h **SH'BAM S6**  
18:30h **CYCLING VIRTUAL S1**  
18:30h **BODYPUMP S3**  
19:15h  
19:30h  
19:30h **CYCLING S1**  
19:30h  
20:15h **JIU JITSU S4**  
20:30h  
20:30h **EXPRESS CORE 15' S7**  
20:30h **CYCLING VIRTUAL S1**

