



# ACTIVITATS DIRIGIDES

## JULIOL 2010

HORARI	SALA	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
7:00 - 7:45	S 1	Cycling	PLL	Tono	Ca	Cycling	PLL	GAC	Ca	Body pump	Ca
7:45 - 8:30	S 1	Body pump	Ca			Body balance	Ca			Step-tono	Ca
8:30 - 9:15	S 1	Step-tono	Ca	GAC	Ca	Tono	Ca	GAC	Ca	Body pump	Ca
9:30-10:15	S 1	Step-tono	Ca	Step	Ca	Body pump	Ca	Aerosalsa	Ca	Body Combat	Je
9:30-10:15	S 2	Tono	Je			Tono	Je			Corpore	Ca
9:30 10:15	SF/SC	ABD	Miq	Cycling	Da	ABD	Miq	Cycling	Da		
13:30-14:15	S 1	Step	Ge	Body Combat	Ge	GAC	Ka	Body pump	Ge	TBC	Ka
13:30-14:20	S C	Cycling	PLL	Cycling	La	Cycling	Da	Cycling	JR	Cycling	PLL
14:15-15:00	S 1	Body pump	Ge	Step	Ge	Tono	Ka	Step	Ge	GAC	Ka
17:45-18:30	S 1	GAC	Ka	Tono	Ka	Tono	Je	Body pump	Ca	Step-tono	Ka
18:30-19:15	S 1	Boot Camp	Miq	TBC	Ka	Body combat	Ka	GAC	Ca	Boot Camp	Eu
18:30-19:15	sc	Cycling	JR	Cycling	JC	Cycling	La	Cycling	Ed	Cycling	JC
19:15-20:00	S 2	GAC	Je	Corpore	O	Inici al Step	Je	Body balance	O	GAC	Ka
19:15-20:00	S 1	BodyCombat	Eu	Tono	Eu	Body pump	Eu	Aerosalsa	Ca	Step Radical	Eu
19:30-20:20	S C	Cycling	JR	Cycling	JC	Cycling	JR	Cycling	PLL		
20:00-20:45	S 1	Body pump	Ka	Aerobic	Je	Step	Eu	Dansa Ventre	IL	Body pump	Eu
20:15-21:00	S 2	GAC	Eu	Body combat	Eu	GAC	Ka	Tono	Ka		
20:30-21:00	S F			ABD	An	ABD	An			ABD	An
20:30-21:20	S C	Cycling	JR	Cycling	Ed	Cycling	JR	Cycling	Edu	Cycling 20:00	Ed
21:00-21:45	S 1	Step Radical	Eu	Body pump	Eu	Aerojazz	Eu	Step	Ka		
21:00-21:45	S 2	GAC	At	Tono	At	Manteniment	At	GAC	At	Estiraments	At

### MONITORS

#### Sala 1 i 2

At	Antonio
Ca	Carla
Je	Jennifer
Eu	Eugenia
Ge	Genis
IL	Ilde
O	Òscar
Ka	Carolina

#### SALA FITNESS

An	Angel
Mi	Miquel

#### SALA CYCLING

Ed	Eduard
Da	Dalila
JR	Jordi Rubio
JC	Juanky
La	Laureà
PLL	Pep Llauredó

La direcció es reserva el dret a fer qualsevol canvi en aquest horari

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Ed.0

1/7/10