



# ACTIVITATS DIRIGIDES

Horari a partir de novembre

HORARI	SALA	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE
7:00 - 7:45	S 1	Cycling	PLL	Tono	Da	Cycling	PLL	Body Combat	Da	Body pump	Ma	
7:45 - 8:30	S 1	Body Pump	Ma	Step	Ca	GAC	Ma	TBC	Ca	Body balance	Ca	
8:30 - 9:15	S 1	Step-tono	Ca	GAC	Ca	Tono	Ca	GAC	Ca	TBC	Ca	
9:30 - 10:15	S 1	Step-tono	Ca	Step	Ca	Body pump	Ca	Aerosalsa	Ca	Body Combat	Da	Iniciació Dirigides 10:00 - 10:50 <b>NOVA!!!</b>
9:30 - 10:15	S 2	Tono	Da	Manteniment	Ma	Tono	Da	Manteniment	Ma	Corpore	Ca	
9:30 - 10:15	SF/SC	ABD	Ma	Cycling	Da	ABD	Ma	Cycling	Da			
13:30 - 14:15	S 1	Aeròbic	Ge	Body Combat	Ge	GAC	Ge	Body pump	Ge	Step	Ge	Nivell Avançat 11:00 - 11:50 <b>NOVA!!!</b>
13:30 - 14:20	S C	Cycling	Da	Cycling	La	Cycling	M	Cycling	La	Cycling	PLL	
14:15 - 15:00	S 1	Body pump	Ge	Step-tono	Ge	Tono	Ge	Step	Ge	Aeròbic/ Funky	Ge	
15:15 - 16:00	S 1	Step	Ge	Body pump	Ge	Cycling	Ge	TBC	Ge	Body Combat	Ge	
17:45 - 18:30	S 1	GAC	Da	Tono	Da	Tono	Da	Body pump	Ca	Step-tono	Da	
18:00:-18:45	S 2			Aeròbic infantil	Ge			Aeròbic infantil	Ge			
18:30 - 19:15	Sc/S1	Cycling	JR	TBC	Da	Cycling	La	GAC	Ca	GAC	E	
19:00 - 19:45	S 2	GAC	Da	Corpore	O	Stretching	Da	Body balance	O	Body Combat	Da	
19:15 - 20:00	S 1	BodyCombat	E	Tono	E	Body pump	E	Aerosalsa	Ca	Step Radical	E	
19:30 - 20:20	S C	Cycling	JR	Cycling	JC	Cycling	JR	Cycling	PLL			
20:00 - 20:45	S 1	Body pump	Da	Aerobic	Ge	Step	E	Step	Ge	Body pump	E	
20:15 - 21:00	S 2	GAC	E	Body combat	E	GAC	Da	TBC	Da			
20:30 - 21:00	S F	ABD	Mi			ABD	Mi			Cycling 20:00 - 20:50	JC	
20:30 - 21:20	S C	Cycling	M	Cycling	JC	Cycling	JR	Cycling	M			
21:00 - 21:45	S 1	Step Radical	E	Body pump	Ta	Aerojazz	E	Body pump	Da			
21:00 - 21:45	S 2	Tono	At	GAC	At	Manteniment	At	GAC	At	Estiraments	At	

## MONITORS/ES

### SALA 1 i 2

At	Antonio
Ca	Carla
E	Eugènia
Ge	Genís
Da	Dalila
O	Òscar

### SALA CYCLING

Da	Dalila
JC	Joan Carles
JR	Jordi Rubio
M	Manel
PLL	Pep Llauradó
La	Laureà

### SALA FITNESS

Mi	Miquel
Ma	Marcos

La Direcció es reserva el dret de fer qualsevol canvi en aquest horari.

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Ed.0

4/9/08