

ACTIVITATS **FITNESS**

JULIOL 2017

Inici	DILLUNS	Sala	DIMARTS	Sala	DIMECRES	Sala	DIJOUS	Sala	DIVENDRES	Sala	DISSABTE	Sala	DIUMENGE	Sala
07.30	ABDOMINALS 15'	SF	ENTR. FUNCIONAL 30'	SF	ABDOMINALS 15'	SF	ENTR. FUNCIONAL 30'	SF	ABDOMINALS 15'	SF				
08.00			VIRTUAL CYCLING	S1			VIRTUAL CYCLING 45'	S1						
08.15	ENTR. FUNCIONAL 30'	SF			ENTR. FUNCIONAL 30'	SF			ABDOMINALS 15'	SF				
09.00			ABDOMINALS 15'	SF			ABDOMINALS 15'	SF						
09.05	EN FORMA	S2	EN FORMA	S2	EN FORMA	S2	BODY BALANCE	S2	EN FORMA	S2				
09.15	VIRTUAL CYCLING	S1			VIRTUAL CYCLING	S1			VIRTUAL CYCLING	S1				
09.30			ENTR. FUNCIONAL 30'	SF			ENTR. FUNCIONAL 30'	SF			ABDOMINALS 15'	SF	ABDOMINALS 15'	SF
10.05	CTC	S2	CYCLING	S1	STEP	S2	BODY PUMP	S3	SH'BAM	S2			VIRTUAL CYCLING	S1
10.15	ABDOMINALS 15'	SF	ABDOMINALS 15'	SF	ENTR. FUNCIONAL 30'	SF	ABDOMINALS 15'	SF	ENTR. FUNCIONAL 30'	SF	ENTR. FUNCIONAL 30'	SF		
11.05	BODY BALANCE	S2	BODY PUMP	S3	GAC	S2	CYCLING	S1	BODY BALANCE	S2	BODY PUMP*	S3	CYCLING	S1
							GAC	S2			VIRTUAL CYCLING	S1		
12.00			ABDOMINALS 15'	SF	ENTR. FUNCIONAL 30'	SF								
12.05	EN FORMA	S2	FIT IOGA	S2	EN FORMA	S2	FIT IOGA	S2	EN FORMA	S2	CYCLING	S1	BODY PUMP*	S3
	ZUMBA	S3							VIRTUAL CYCLING	S1			VIRTUAL CYCLING	S1
13.05	CYCLING	S1	VIRTUAL CYCLING	S1	CYCLING	S1			ABDOMINALS 30'	S2	BODY BALANCE	S3	VIRTUAL CYCLING	S1
13.15			ENTR. FUNCIONAL 30'	SF			ENTR. FUNCIONAL 30'	SF						
13.30									GAC 30'	S2				
14.05	BODY PUMP	S3	GAC/CROSS TRAINING*	**	BODY PUMP	S3	CYCLING	S1	BODY BALANCE	S2				
15.30	CTC	S2	CYCLING	S1	BODY BALANCE	S2	GAC	S2	ENTR. FUNCIONAL 30'	SF				
16.15	ENTR. FUNCIONAL 30'	SF			ENTR. FUNCIONAL 30'	SF								
16.30							BALLET BARRA 30'	S2						
17.05	BODY BALANCE	S2	SH'BAM	S2	CYCLING	S1	ZUMBA	S2	BODY PUMP	S3				
			BODY PUMP	S3										
18.05	CYCLING	S1	BODY BALANCE	S2	BODY COMBAT	S2	CYCLING	S1	CYCLING	S1	VIRTUAL CYCLING 45'	S1		
	CTC	S2			BODY PUMP	S3	BODY PUMP	S3	CTC	S2				
18.30											ABDOMINALS 15'	SF		
19.00			ESTIRAMENTS 30'	AU	FIT IOGA	AU	ABDOMINALS 30'	AU	ABDOMINALS 30'	S2				
19.05	CYCLING	S1	GAC	S2	CYCLING	S1	ZUMBA	S2	CYCLING	S1				
	BODY PUMP*	S3	STEP	S3										
			SORTIR A CÒRRER											
19.30	BODY COMBAT	S2	CYCLING	S1	ENTR. FUNCIONAL 30'	SF	BODY PUMP*	S3	BODY BALANCE	S3				
							ESTIRAMENTS 30'	AU						
20.05	CYCLING	S1	BODY PUMP*	S3	ZUMBA	S2	CYCLING	S1	SH'BAM	S2	VIRTUAL CYCLING 45'	S1		
	STEP	S3	BODY BALANCE	AU	BODY PUMP*	S3	BODY COMBAT	S2						
20.30	ABDOMINALS 30'	S2	BODY COMBAT	S2			BODY BALANCE	AU	BODY PUMP*	S3				
21.05	BODY BALANCE	S2	FIT IOGA	AU	CYCLING	S1	ABDOMINALS 30'	S2						
	BODY PUMP*	S3			ENTR. FUNCIONAL 30'	SF			ENTR. FUNCIONAL 30'	SF				
21.30			VIRTUAL CYCLING 45'	S1			VIRTUAL CYCLING 45'	S1						

ACTIVITATS **AQUÀTIQUES**

C: Carrils

Inici	DILLUNS	C	DIMARTS	C	DIMECRES	C	DIJOUS	C	DIVENDRES	C	DISSABTE	C	DIUMENGE	
08.00	AIGUAGIM	3C	AQUADYNAMIC	4C	AIGUAGIM	3C	AQUADYNAMIC	4C	AIGUAGIM	3C		5C		5C
08.45	AQUATRaining	4C		5C	AQUATRaining	4C		5C		5C		5C		5C
09.30	AIGUAGIM	3C	AIGUAGIM	3C	AIGUAGIM	3C	AIGUAGIM	3C	AIGUAGIM	3C		5C		5C
10.00		2C		2C		2C		2C		2C	AIGUAGIM	3C	AIGUAGIM	3C
10.20		5C		5C	AIGUAGIM	2C		5C	AIGUAGIM	2C		5C		5C
10.30	AIGUAGIM	2C	AIGUAGIM	2C		2C	AIGUAGIM	2C		2C		5C		5C
11.15		5C		5C		4C		5C		4C		5C		5C
11.45		5C	AIGUAGIM	3C		4C	AIGUAGIM	3C		4C		5C		5C
12.00	AIGUAGIM	3C		3C		4C		5C		4C		5C		5C
14.00	AQUADYNAMIC	4C		5C	AQUADYNAMIC	4C		5C	AQUADYNAMIC	4C		5C		5C
16.00		4C	AQUADYNAMIC	4C		4C		4C	AQUADYNAMIC	4C		5C		5C
18.20		4C		4C		4C		5C	CTA	3C		5C		5C
19.10		4C	CTA	3C		4C	CTA	3C		4C		5C		5C
19.15		4C		4C		4C		4C	AQUATRaining	4C		5C		5C
19.35	AQUADYNAMIC	3C		3C	AQUADYNAMIC	4C		4C		4C		5C		5C
20.00		4C	ABDOMINALS 15'	4C		4C	ABDOMINALS 15'	4C		4C		5C		5C
20.25		4C	AQUATRaining	4C		4C	AQUATRaining	4C		4C		5C		5C
20.30	ABDOMINALS 30'	4C		4C	ABDOMINALS 30'	4C		4C		4C		5C		5C

** Dies parells del mes: dm a les 14.05 **CROSS TRAINING**
Dies imparells del mes: dm a les 14.05 **GAC**
S2/PV: Pavelló
Festius a les 10:05 i 12:05 **VIRTUAL CYCLING**.

* Cal reservar plaça a la pàgina www.aiguajoc.com des de 24h fins a 15 minuts abans de la sessió.
Per fer **CYCLING** cal reservar bici a la pàgina www.aiguajoc.com des de 24 hores fins a 15 minuts abans de la sessió.

SF: Sala de Fitness
El centre es reserva el dret a variar les activitats/sessions ofertades.