



ACTIVITATS FITNESS

TEMPORADA 2018-19

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	S1						
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										
10.05	CROSS TRAINING	S2	CYCLING	S1	STEP	S2	BODY PUMP	S3	SH'BAM	S2			VIRTUAL CYCLING	S1
10.15					ENTR. FUNCIONAL 30'	SF								
11.05	BODY BALANCE	S2	BODY PUMP	S3	GAC	S2	CYCLING	S1	IOGA	S2	BODY PUMP*	S3	CYCLING	S1
							GAC	S2			VIRTUAL CYCLING	S1		
12.00			ABDOMINALS 15'	SF										
12.05	EN FORMA	S2	IOGA	S2	EN FORMA	S2	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	S2	VIRTUAL CYCLING	S1
13.30									GAC 30'	S2				
14.05	BODY PUMP	S3	CROSS TRAINING	PV	BODY PUMP	S3	CYCLING	S1	BODY BALANCE	S2				
15.30	CROSS TRAINING	S2	CYCLING	S1	BODY BALANCE	S2	GAC	S2	ENTR. FUNCIONAL 30'	SF				
16.15	ENTR. FUNCIONAL 30'	SF			ENTR. FUNCIONAL 30'	SF								
16.30							ENTR. FUNCIONAL 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	S1		
	CROSS TRAINING	S2	SORTIR A CÒRRER		BODY PUMP	S3	BODY PUMP	S3	CROSS TRAINING	S2				
19.00			ENTR. FUNCIONAL 30'	SF	IOGA	AU	ABDOMINALS 30'	S3	ABDOMINALS 30'	S2				
19.05	CYCLING	S1	GAC	S2	CYCLING	S1	ZUMBA	S2	CYCLING	S1				
	BODY COMBAT	S2	SH'BAM	S3	CROSS TRAINING	Sol	CROSS TRAINING	Sol						
19.30	BODY PUMP*	S3	CYCLING	S1			BODY PUMP*	S3	BODY BALANCE	S3				
20.05	CYCLING	S1	BODY PUMP*	S3	ZUMBA	S2	CYCLING	S1	SH'BAM	S2	VIRTUAL CYCLING	S1		
	STEP	S2	BODY BALANCE	AU	BODY PUMP*	S3	BODY COMBAT	S2						
20.30	ABDOMINALS 30'	S3	BODY COMBAT	S2			BODY BALANCE	AU	BODY PUMP*	S3				
21.05	BODY BALANCE	S2	IOGA	AU	CYCLING	S1	ABDOMINALS 30'	S2						
	BODY PUMP*	S3												
21.30			VIRTUAL CYCLING	S1			VIRTUAL CYCLING	S1						

ACTIVITATS AQUÀTIQUES

C: Carrils

Inici	DILLUNS	C	DIMARTS	C	DIMECRES	C	DIJOUS	C	DIVENDRES	C	DISSABTE	C	DIUMENGE	C
08.00	AIGUAGIM	3C	AQUADYNAMIC	4C	AIGUAGIM	3C	AQUADYNAMIC	4C	AIGUAGIM	3C		5C		5C
08.45	AQUATRaining	5C		5C	AQUATRaining	5C		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	CTA	4C		5C	AQUADYNAMIC	4C		5C		5C
16.00		4C		4C		4C		4C	AQUADYNAMIC	4C		5C		5C
18.20		4C	CTA	3C		4C	CTA	3C		4C		5C		5C
18.45		4C		4C		4C		4C		4C		5C		5C
19.10		4C	AQUATRaining	4C		4C	AQUATRaining	4C		4C		5C		5C
19.35	AQUADYNAMIC	3C		3C	AQUADYNAMIC	4C		4C	CTA	4C		5C		5C
20.00		4C	ABDOMINALS 15'	4C		4C	ABDOMINALS 15'	4C		5C		5C		5C
20.25		4C	AQUADYNAMIC	4C		4C	AQUADYNAMIC	4C		4C		5C		5C
20.30	ABDOMINALS 15'	4C		4C	ABDOMINALS 15'	4C		4C		4C		5C		5C

SF: Sala de Fitness
 AU: Aula
 PV: Pavelló
 Sol: Solàrium

* 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.

Festius a les 10:05 i 12:05 VIRTUAL CYCLING
 El centre es reserva el dret a variar les activitats/ sessions ofertades.