



ACTIVITATS FITNESS

TEMPORADA 2019-2020

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 45'	S1			VIRTUAL CYCLING 45'	S1						
09.05	EN FORMA	S2	EN FORMA	S2	EN FORMA	S2	BODY BALANCE	S2	EN FORMA	S2				
09.15	VIRTUAL CYCLING 45'	S1			VIRTUAL CYCLING 45'	S1			VIRTUAL CYCLING 45'	S1				
10.05	CROSS TRAINING	S2	CYCLING	S1	STEP	S2	BODY PUMP	S3	SH'BAM	S2			VIRTUAL CYCLING 45'	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 45'	S1		
12.05	EN FORMA	S2	IOGA	S2	EN FORMA	S2	IOGA	S2	EN FORMA	S2	CYCLING	S1	BODY PUMP*	S3
	ZUMBA	S3							VIRTUAL CYCLING 45'	S1			VIRTUAL CYCLING 45'	S1
13.05	CYCLING	S1	VIRTUAL CYCLING 45'	S1	CYCLING	S1			ABDOMINALS 30'	S2	BODY BALANCE	S2	VIRTUAL CYCLING 45'	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'	SF						
17.05	BODY BALANCE	S2	CYCLING	S1	CYCLING	S1	ZUMBA	S2	BODY PUMP	S3				
	BODY PUMP	S3	SH'BAM	S2	GAC	S2	BODY BALANCE	S3						
18.05	CYCLING	S1	BODY BALANCE	S2	BODY COMBAT	S2	CYCLING	S1	CYCLING	S1	VIRTUAL CYCLING 45'	S1		
	ZUMBA	S2	SORTIR A CORRER		BODY PUMP	S3	BODY PUMP	S3	ZUMBA	S2				
19.05	CYCLING	S1	GAC	S2	CYCLING	S1	ZUMBA	S2	BODY PUMP	S3				
	BODY COMBAT	S2	SH'BAM	S3	GAC	S2	CROSS TRAINING	SL						
19.30	BODY PUMP*	S3	CYCLING	S1	IOGA	AU	BODY PUMP*	S3	BODY BALANCE	S2				
20.05	CYCLING	S1	BODY COMBAT	S2	ZUMBA	S2	CYCLING	S1	SH'BAM	S3	VIRTUAL CYCLING 45'	S1		
	SH'BAM	S2	CROSS TRAINING	SL	BODY PUMP*	S3	BODY COMBAT	S2						
20.30	BODY BALANCE	AU	BODY PUMP*	S3	CYCLING	S1	BODY BALANCE	S3						
21.05	BODY PUMP*	S3	IOGA	S2	BODY BALANCE	S3			BODY PUMP*	S3				

ACTIVITATS AQUÀTIQUES

C Carrers de Nedo disponibles | BLL: Bany lliure disponible (segons aforament)

Inici	DILLUNS	C	BLL	DIMARTS	C	BLL	DIMECRES	C	BLL	DIJOUS	C	BLL	DIVENDRES	C	BLL	DISSABTE	C	BLL	DIUMENGE	C	BLL	
07.00		4			4			4			4			4								
07.30		4			4			4			4			4								
08.00	AQUAHVIT 30'	4		AQUAGYM	4		AQUAGAC 30'	4		AQUAGYM	4		AIGUADANCE 30'	4								4
08.30		4			4			4			4			4								4
08.35	AQUAGYM	4			4		AQUAGYM	4			4		AQUAGYM	4								4
09.00		4			3			4			3			4								4
09.30	AQUAGYM	4		AQUAGYM	4		AQUAGYM	4		AQUAGYM	4		AQUAGYM	4		AQUAGYM	4					4
10.00		4			4			4			4			4								4
10.20		4			4		AQUAGYM	4			4		AQUAGYM	4								4
10.30	AQUAGYM	4		AQUAGYM	4			4		AQUAGYM	4			4								4
11.00		4			4			4			4			4								4
11.30		4			4			4			4			4								4
11.45		4		AQUAGYM	4			4		AQUAGYM	4			4								4
12.00		4			4			4			4			4								4
12.15	AQUAGYM	4			4			4			4			4								4
12.30		4			4			4			4			4								4
13.00		4			4			4			4			4								4
13.30		4			4			4			4			4								4
14.00	AQUACTIVA'T	4		AQUATRaining	4		AQUA CROSS TRAINING	4		AQUATRaining	4		AQUACTIVA'T	4								4
14.30		4			4			4			4			4								4
15.00		4			4			4			4			4								4
15.30	AIGUADANCE 30'	4			4		AQUAGAC 30'	4			4		AQUAHVIT 30'	4								4
16.00		4		AQUACTIVA'T	4			3			4			3								4
16.15		4			4			3			4		AQUACTIVA'T	4								4
17.00		4			4			4			4			4								4
18.00		3			3			3			3			3								4
18.25		3		AQUACTIVA'T	3			3		AQUACTIVA'T	3			4								4
19.00		3			3			3			3			4								4
19.15	AQUAGAC 30'	3		AQUATRaining	3		AIGUADANCE 30'	3		AQUATRaining	3		AQUAHVIT 30'	4								4
19.35		3			3			3			3			4								4
19.50	AQUAHVIT 30'	3			3		AQUAGAC 30'	3			3		AQUAGAC 30'	4								4
20.00		4			4			4			4			4								4
20.10		4		AQUABDOMINALS 15'	3			3		AQUABDOMINALS 15'	3			4								4
20.30	AQUA CROSS TRAINING	3		AIGUADANCE 30'	3		AQUACTIVA'T	3		AQUA CROSS TRAINING	3			4								4
21.00		3			3			3			3			4								4
21.15		3			3			3			3			4								4
21.30		3			3			3			3			3								3
22.00		4			4			4			4			4								4

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

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