

ACTIVITATS FITNESS

TEMPORADA 2019-2020

Inici	DILLUNS	Sala	DIMARTS	Sala	DIMECRES	Sala	DIJOUS	Sala	DIVENDRES	Sala	DISSABTE	Sala	DIUMENGE	Sala
09.00	EN FORMA	S3			BODY BALANCE	PV	EN FORMA	S3						
10.00	CROSS TRAINING	PV	CYCLING	PV	BODY COMBAT	S3	BODY PUMP	PV	SH'BAM	S3				
11.00	BODY BALANCE	PV	BODY PUMP	PV	GAC	S1	CYCLING	PV	IOGA/BODY BALANCE	PV	BODY PUMP	PV		
12.00	ZUMBA	S3	IOGA/BODY BALANCE	PV	EN FORMA	S3	IOGA/BODY BALANCE	PV	EN FORMA	S3	CYCLING	PV		
13.00	CYCLING	PV			BODY PUMP	PV			GAC 30'	PV	BODY BALANCE	S3		
13.30									ABDOMINALS 30'	PV				
14.00	BODY PUMP	PV					CYCLING	S1						
17.00	BODY PUMP	PV	CYCLING	PV	GAC	S1	BODY BALANCE	PV	BODY PUMP	PV				
17.30	BODY BALANCE	S3	SH'BAM	S3	CYCLING	PV	ZUMBA	S1						
18.00	CYCLING	PV	BODY BALANCE	PV	BODY COMBAT	S3	CYCLING	PV	CYCLING	PV				
18.30	ZUMBA	S1	CROSS TRAINING	S1	BODY PUMP	PV	GAC	S3	ZUMBA	S3				
19.00	BODY PUMP	PV	CYCLING	PV	IOGA/BODY BALANCE	S1	BODY PUMP	PV	BODY BALANCE	PV				
19.30	BODY COMBAT	S3	GAC	S3	CYCLING	PV	ZUMBA	S1						
20.00	CYCLING	PV	BODY PUMP	PV	ZUMBA	S3	CYCLING	PV	SH'BAM	S1				
20.30	SH'BAM	S1	SH'BAM	S1	BODY PUMP	PV	BODY COMBAT	S3						
21.00	BODY PUMP	PV	IOGA/BODY BALANCE	PV	BODY BALANCE	S1								

ACTIVITATS AQUÀTIQUES

C Carrer de Nedo | Espai bany lliure disponible segons aforament

Inici	DILLUNS	C	DIMARTS	C	DIMECRES	C	DIJOUS	C	DIVENDRES	C	DISSABTE	C	DIUMENGE	C
07.00		2		2		2		2		2				
08.30	AQUAHVIT 30'	2	AQUAGYM 30'	2	AQUAGAC 30'	2	AQUAGYM 30'	2	AIGUADANCE 30'	2	AQUAGYM 30'	2		2
09.15	AQUAGYM 30'	2	AQUAGYM 30'	2	AQUAGYM 30'	2	AQUAGYM 30'	2	AQUAGYM 30'	2	AQUAGYM 30'	2		2
10.00	AQUAGYM 30'	2	AQUAGYM 30'	2	AQUAGYM 30'	2	AQUAGYM 30'	2	AQUAGYM 30'	2	AQUAGYM 30'	2		2
10.45	AQUAGYM 30'	2	AQUAGYM 30'	2	AQUAGYM 30'	2	AQUAGYM 30'	2	AQUAGYM 30'	2		2		2
11.15		2		2		2		2		2		2		
15.15	AIGUADANCE 30'	2	AQUAGAC 30'	2	AQUAHVIT 30'	2	AIGUADANCE 30'	2	AQUAGAC 30'	2		2		
15.45		2		2		2		2		2		2		
18.45	AQUAGAC 30'	2	AQUACTIVA'T 30'	2	AIGUADANCE 30'	2	AQUACTIVA'T 30'	2	AQUAHVIT 30'	2		2		
19.30	AQUAHVIT 30'	2	AIGUADANCE 30'	2	AQUAGAC 30'	2	AQUAHVIT 30'	2	AIGUADANCE 30'	2		2		
20.00		2		2		2		2		2		2		

SF: Sala de Fitness PV: Pavelló
AU: Aula

Cal reservar plaça a totes les activitats dirigides i al bany lliure a aiguajoc.com des de 24h fins a 15' abans de la sessió.

El centre es reserva el dret a variar les activitats/sessions ofertes