



ACTIVITATS FITNESS

Inici	DILLUNS	Sala	DIMARTS	Sala	DIMECRES	Sala	DIJOUS	Sala	DIVENDRES	Sala	DISSABTE	Sala	DIUMENGE	Sala
09.00	EN FORMA	S2			BODY BALANCE	S3	EN FORMA	S2						
10.00	BODY PUMP	S3	CYCLING	S1	BODY COMBAT	S2	BODY PUMP	S3	SH'BAM	S3				
11.00	BODY BALANCE	S2	BODY PUMP	S3	GAC	S3	CYCLING	S1	IOGA	S2	BODY PUMP	S3	CYCLING	S1
12.00	ZUMBA	S3	IOGA	S2	EN FORMA	S2	IOGA	S2	EN FORMA	S3	CYCLING	S1	BODY PUMP	S3
13.00	CYCLING	S1			BODY PUMP	S3			GAC 30'	S2	BODY BALANCE	S2		
13.30									ABDOMINALS 30'	S3				
14.00	BODY PUMP	S3	GAC	S3	BODY BALANCE	S2	CYCLING	S1						
17.00	BODY PUMP	S3	SH'BAM	S2	GAC	S3	BODY BALANCE	S2	BODY PUMP	S3				
17.30	BODY BALANCE	S2	CYCLING	S1	CYCLING	S1	ZUMBA	S3						
18.00	CYCLING	S1	BODY BALANCE	S3	BODY COMBAT	S2	CYCLING	S1	CYCLING	S1				
18.30	ZUMBA	S3	CROSS TRAINING	SL	BODY PUMP	S3	CROSS TRAINING	SL	ZUMBA	S3				
19.00	BODY COMBAT	S2	CYCLING	S1	IOGA	S2	BODY PUMP	S3	BODY BALANCE	S2				
19.30	BODY PUMP	S3	GAC	S2	CYCLING	S1	ZUMBA	S2						
20.00	CYCLING	S1	BODY PUMP	S3	ZUMBA	S2	CYCLING	S1	SH'BAM	S3				
20.30	SH'BAM	S2	SH'BAM	AU	BODY PUMP	S3	BODY COMBAT	S3						
21.00	BODY PUMP	S3	IOGA	S2	BODY BALANCE	S2								

ACTIVITATS AQUÀTIQUES

C: Carrer de Nedo | Espai bany recreatiu 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				
08.00	AQUAHVIT 30'	2	AQUAGYM 30'	2	AQUAGAC 30'	2	AQUAGYM 30'	2	AIGUADANCE 30'	2		2		2
08.35	AQUAGYM 30'	2		1	AQUAGYM 30'	2		1	AQUAGYM 30'	2		2		2
09.15	AQUAGYM 30'	2		1	AQUAGYM 30'	2		1	AQUAGYM 30'	2		2		2
09.30			AQUAGYM 30'	2			AQUAGYM 30'	2			AQUAGYM 30'	2	AQUAGYM 30'	2
10.00	AQUAGYM 30'	2		2	AQUAGYM 30'	2		2	AQUAGYM 30'	2		2		2
10.15		2	AQUAGYM 30'	2			AQUAGYM 30'	2			AQUAGYM 30'	2	AQUAGYM 30'	2
10.35		2		2		2		2	AQUAGYM 30'	2		2		2
10.45	AQUAGYM 30'	2		2	AQUAGYM 30'	2		2		2		2		2
11.00			AQUAGYM 30'	2		2	AQUAGYM 30'	2		2		2		2
11.45			AQUAGYM 30'	2		2	AQUAGYM 30'	2		2		2		2
12.15	AQUAGYM 30'	2		2		2		2		2		2		
13.15		2		2		2		2		2		2		
14.15	AQUAHVIT 30'	2		2	AQUA CROSS TRAIN. 30'	2		2	AQUAGAC 30'	2		2		
15.00		2		2		2		2		2		2		
15.30		2	AIGUADANCE 30'	2		2	AQUAHVIT 30'	2		2		2		
16.30		2	AQUACTIVA'T 45'	2		2		2	AQUACTIVA'T 45'	2		2		
17.30		2		2		2		2		2		2		
18.30	AQUAGAC 30'	2	AQUACTIVA'T 45'	2	AIGUADANCE 30'	2	AQUACTIVA'T 45'	2	AQUAHVIT 30'	2		2		
19.15	AQUAHVIT 30'	2		1	AQUAGAC 30'	2		1	AIGUADANCE 30'	2				
20.00	AQUA CROSS TRAIN. 30'	2	AIGUADANCE 30'	2	AQUAHVIT 30'	2	AQUAGAC 30'	2		2		2		
20.40	ABDOMINALS 15'	2		2	ABDOMINALS 15'	2		2		2		2		
20.45		2	AQUAHVIT 30'	2		2	AQUA CROSS TRAIN. 30'	2		2		2		
21.15		1		2		1		2		2		2		
22.00		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