

ACTIVITATS DIRIGIDES A PARTIR 15 OCT.

| | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE |
|---------------|---------------------------------|------------------------------|---------------------------------|------------------------------|-----------------------------|------------|
| 8:00 a 8:45 | AQUA-GYM (piscina petita) | AQUA-GYM (piscina petita) | AQUA-GYM (piscina petita) | AQUA-GYM (piscina petita) | | |
| 9:00 a 9:45 | AQUA-GYM (piscina petita) | AQUA-GYM (piscina petita) | AQUA-GYM (piscina petita) | AQUA-GYM (piscina petita) | | |
| 10:00 a 10:45 | AQUA-GYM (piscina petita) | AQUA-GYM (piscina petita) | AQUA-GYM (piscina petita) | | | |
| 9:15 a 10:00 | ENTRENAMENT FUNCIONAL | SAFA-PUMP | CARDIO BOX | SAFA-PUMP | ENTRENAMENT FUNCIONAL | |
| 10:15 a 10:45 | ENTRENAMENT EN SUSPENSIO | ABDOMINALS | ENTRENAMENT EN SUSPENSIO | ABDOMINALS | ENTRENAMENT EN SUSPENSIO | |
| 10:15 a 11:00 | | | | | | SAFA-ZUMBA |
| 11:00 a 11:45 | ESQUENA SANA | | ESQUENA SANA | | ESQUENA SANA | |
| 10:30 a 11:30 | | CHI-KUNG | | CHI-KUNG | | |
| 11:00 a 12:30 | IOGA KUNDALINI | | | | | |
| 11:15 a 12:00 | | | | | | FULL BODY |
| 15:15 a 16:00 | FULL BODY | | | | FULL BODY | |
| 15:30 a 16:15 | | SAFA-ZUMBA | | SAFA-ZUMBA | | |
| 18:30 a 19:15 | MANTENIMENT | SAFA-ZUMBA | MANTENIMENT | SAFA-ZUMBA | MANTENIMENT | |
| 18:30 a 19:00 | ABDOMINALS | | ABDOMINALS | | | |
| 18:30 a 19:15 | | SPIN-SAFA | SPIN-SAFA | SPIN-SAFA | | |
| 18:45 a 19:30 | AIGUES FONDES (piscina gran) | AQUA-TBC (piscina petita) | AIGUES FONDES (piscina gran) | AQUA-TBC (piscina petita) | | |
| 19:15 a 20:45 | ASHTANGA IOGA | | | | | |
| 19:30 a 20:15 | | | SAFA-ZUMBA | | | |
| 19:30 a 20:15 | TONO-PILATES | PILATES | TONO-PILATES | PILATES | | |
| 19:30 a 20:15 | SPIN-SAFA | SPIN-SAFA | SPIN-SAFA | SPIN-SAFA | SPIN-SAFA | |
| 19:45 a 20:30 | AQUA-GYM (piscina petita) | AQUA-GYM (piscina petita) | AQUA-GYM (piscina petita) | AQUA-GYM (piscina petita) | | |
| 19:15 a 20:15 | | | | | DEFENSA PERSONAL | |
| 19:45 a 20:15 | | ABDOMINALS | | ABDOMINALS | | |
| 20:30 a 21:30 | | | HAPKIDO | | | |
| 20:30 a 21:45 | | | ASHTANGA IOGA | | | |
| 20:30 a 21:15 | ENTRENAMENT FUNCIONAL | SAFA-PUMP | ENTRENAMENT FUNCIONAL | CARDIO-BOX | | |
| 20:30 a 21:30 | | | | | HAPKIDO | |

■ SALA 2
 ■ SALA 1
 ■ PISCINA PETITA
■ PISCINA GRAN
 ■ CARPA