

HORARIS ACTIVITATS DIRIGIDES TEMPORADA 2009-2010

| INICI | TEMPS | SALA | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|---------|----------|------------------|--------------------|------------------|--------------------|------------|------------|------------|
| 7:15 | 50' | 2 | | | TBC | | GLOBAL | | |
| 7:15 | 50' | 1 | | ESPINNING | | ESPINNING | | | |
| 8:00 | 30' | Piscina | | | AQUAPOWER EXPRÉS | | | | |
| 9:30 | 50' | 2 | TBC | STEP GAC | TONO PUMP | STEPS | TBC | | |
| 9:30 | 60'/45' | 1/3 | IOGA | LATINO SENIOR | IOGA | BODY SENSE | IOGA | | |
| 9:30 | 30' | 1 | | ESPIN EXPRÉS | | | | | |
| 10:30 | 45'/50' | 1/2 | | ESPINNING | BIG DANCE | ESPINNING | | | |
| 10:30 | 45' | exterior | | | RUNNING | | | | |
| 10:30 | 30' | 2 | TRX exprés | | | | GAC | | |
| 10:30 | 45' | 3/2 | | BODY SENSE | MAT PILATES | GIM SUAU | | | |
| 10:30 | 15' | 3 | | | | | | ABDOMINALS | |
| 11:00 | 50' | 2 | | | | | | TBC | |
| 11:15 | 15' | 1 | | ABDOMINALS | | ABDOMINALS | | | |
| 11:30 | 45' | Piscina | | AIGUAGIM | | AIGUAGIM | | | |
| 11:45 | 15' | 1 | | | | | | | ABDOMINALS |
| 12:00 | 45' | 1 | | | | | | ESPINNING | ESPINNING |
| 12:30 | 30' | Piscina | | AQUAPOWER EXPRÉS | | AQUAPOWER EXPRÉS | | | |
| 13:30 | 50' | 2 | | | TRX | | | | |
| 13:30 | 45' | 1 | ESPINNING | | | | ESPINNING | | |
| 13:30 | 30' | Piscina | AQUAPOWER EXPRÉS | | AQUAPOWER EXPRÉS | | | | |
| 14:15 | 15' | 1 | ABDOMINALS | | | | ABDOMINALS | | |
| 15:15 | 50' | 2 | | TBC | | STEP GAC | | | |
| 15:15 | 45' | 1 | ESPINNING | | ESPINNING | | | | |
| 16:00 | 15' | 1 | ABDOMINALS | | ABDOMINALS | | ABDOMINALS | | |
| 17:00 | 60' | 3 | IOGA | | IOGA | | | | |
| 17:30 | 30' | 2/1 | GAC | BOSU EXPRÉS | TRX exprés | ESPIN EXPRÉS | | | |
| 18:00 | 60' | 3 | | IOGA | | | | | |
| 18:00 | 60' | exterior | | | | RUNNING | | | |
| 18:15 | 45' | 3/1 | kids's Club | kids's Club | kids's Club | kids's Club | | | |
| 18:15 | 50' | 2 | TONO PUMP | AEROGAC | | STEP GAC | TBC | | |
| 18:15 | 45' | 1 | | | ESPINNING | | | ESPINNING | |
| 19:15 | 50' | 2 | BIG DANCE | TBC | TONO PUMP | TONIFICACIÓ | | | |
| 19:15 | 45' | 1 | ESPINNING | ESPINNING | ESPINNING | ESPINNING | ESPINNING | | |
| 19:45 | 45' | Piscina | | AQUAPOWER | | AQUAPOWER | | | |
| 19:45 | 15' | 3 | | ESTIRAMENTS ACTIUS | | ESTIRAMENTS ACTIUS | | | |
| 20:00 | 15' | 3/2 | ABDOMINALS | ABDOMINALS | ABDOMINALS | ABDOMINALS | ABDOMINALS | | |
| 20:15 | 50' | 2 | TBC | STEPS | TONIFICACIÓ | BIG DANCE | TRX | | |
| 20:15 | 45' | 1 | | ESPINNING | | ESPINNING | | | |
| 20:15 | 45' | 3 | | MAT PILATES | | | | | |
| 20:30 | 30' | 1 | GAC | | BOSU EXPRÉS | | | | |
| 21:00 | 60' | 3 | | IOGA | | IOGA | | | |
| 21:15 | 50' | 2 | STEPS | GLOBAL | | TRX | | | |
| 21:15 | 45' | 1 | ESPINNING | | ESPINNING | | | | |

MAT PILATES: per alumnes que hagin fet el curs monogràfic

KID'S CLUB: activitats infantils

Els instructors i les classes estan subjectes a possibles canvis

Els festius seran com un diumenge

Per Nadal, Setmana Santa i a l'estiu l'horari pot ser modificat