

ACTIVIDADES DIRIGIDAS DUET SPORTS PAU GASOL

Horario del 29 de julio al 1 de septiembre de 2019



Inicio	Final		LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO
MATÍ									
07.10	08.00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
07.15	07.30	SF	RADIKAL 20'	ABD 15'	GAC 15'	RADIKAL 20'	ESTIRAMENTS 15'		
08.15	08.40	PS	AQUA CTC 25'		AQUA CTC 25'				
08.30	09.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
09.00	09.25	S2	BODYBALANCE 25'				ESTIRAMENTS 25'		
09.00	09.25	S1		ESQUENA SANA 25'			ESTIRAMENTS 25'		
09.30	09.45	SF		RADIKAL 20'	GAC 15'	ABD 15'		RADIKAL 20'	ABD 15'
09.30	10.20	S1	CTC	ZUMBA FAMILY			BODYPUMP		
09.30	10.20	S2	IOGA				GIM D'OR		
09.30	10.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.30	10.45	SF	ABD 15'	GAC 15'	ABD 15'	RADIKAL 20'	ABD 15'	RADIKAL 20'	ABD 15'
10.30	11.20	S1			BODYPUMP				
10.30	11.20	S2	ESQUENA SANA				PILATES		
10.30	11.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
10.30	11.20	PS		AQUA CTC FAMILY		AQUA CTC FAMILY			
11.30	11.45	SF	GAC 15'	ABD 15'	RADIKAL 20'	ABD 15'	GAC 15'	ABD 15'	RADIKAL 20'
11.30	12.20	S2					IOGA		
11.30	12.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
MIGDIA									
12.30	13.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
13.00	13:15	SF	ABD 15'	ABD 15'	RADIKAL 20'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
13.30	14.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14.00	14.15	SF	ABD 15'	RADIKAL 20'	GAC 15'	RADIKAL 20'	ABD 15'	ABD 15'	
14.30	15.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15.30	15.45	SF	RADIKAL 20'	GAC 15'	RADIKAL 20'	ABD 15'	ABD 15'	ABD 15'	
15.30	16.20	SC	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16.30	16.45	SF	GAC 15'	ABD 15'	ABD 15'	GAC 15'	ABD 15'	RADIKAL 20'	
16.30	17.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
T A R D A									
17.30	17.45	SF	RADIKAL 20'	ABD 15'	RADIKAL 20'	ABD 15'	RADIKAL 20'	ABD 15'	
17.30	18.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17.30	18.20	S1	ZUMBA FAMILY	ESQUENA SANA	CTC	BODYPUMP	ZUMBA FAMILY		
18.30	18.50	SF	ABD 15'	RADIKAL 20'	GAC 15'	RADIKAL 20'	ABD 15'	ABD 15'	
18.30	19.20	S2	PILATES		PILATES				
18.30	19.20	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	
18.30	19.20	S1	BODYPUMP		ZUMBA FAMILY	CTC			
18.30	19.30	PS		AQUA CTC FAMILY			AQUA CTC FAMILY		
19.30	19.45	SF	RADIKAL 20'	GAC 15'	ABD 15'	ABD 15'	ABD 15'		
19.30	20.20	S1		ZUMBA FAMILY	BODYPUMP				
19.30	20.20	S2	BODYBALANCE		BODYBALANCE				
19.30	20.20	SC	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
20.30	20.45	SF	GAC 15'	ABD 15'	RADIKAL 20'	ABD 15'	RADIKAL 20'		
20.30	21.20	S1				ZUMBA FAMILY			
20.30	21.20	S2			IOGA				
20.30	21.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
21.30	21.45	SF	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'		
21.30	22.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		

TIPUS D'ACTIVITAT	ESP AIS	
CREMACALORIES	S1 SALA 1	PS PISCINA
TONIFICA	S2 SALA 2	PB PABELLÓ
PREVENCIÓ I RELAX	S3 SALA 3	SF SALA FITNESS
SALUT	SC SALA CYCLING	EXT EXTERIOR

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