

ACTIVITATS DIRIGIDES CEM LA PLANA

A partir del 31 de juliol fins
a l'11 de setembre de 2017

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Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	Inici	Final	Espai
M A T I												
07.15	08.00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			07.15	08.00	SC
07.30	07.45	SF	DST 15'		ABD. EXPRESS 15'		RADIKAL 20'			07.30	07.45	SF
08.30	09.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		08.30	09.20	SC
08.30	08.45	SF	ABD. EXPRESS 15'	ESTIRAMENTS 15'	ABD. EXPRESS 15'	ESTIRAMENTS 15'	ABD. EXPRESS 15'			08.30	08.45	SC
08.30	09.20	PS	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM		CYCLING VIRTUAL		08.30	09.20	PS
09.30	09.45	SF	RADIKAL 20'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	DST 15'	ABD. EXPRESS 15'		09.30	09.45	SF
09.30	10.15	SC	CYCLING		CYCLING		CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	09.30	10.15	SC
09.30	10.20	S2		TONIFICACIÓ		BODY PUMP				09.30	10.20	S2
10.30	10.45	SF	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ESTIRAMENTS 15'	ESTIRAMENTS 15'	DST 15'	10.30	10.45	SF
10.30	11.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	10.30	11.15	SC
10.30	11.20	S2	CTC	GLAM DANCE	GAC	ZUMBA	BODY PUMP			10.30	11.20	S2
11.30	12.20	S2	PILATES	ESQUENA SANA	GYM SUAU	ESTIRAMENTS	PILATES			11.30	12.20	S2
11.30	11.45	SF	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	DST 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	11.30	11.45	SF
11.30	12.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	11.30	12.15	SC
MIGDIA												
12.30	12.45	SF	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	DST 15'	DST 15'	RADIKAL 20'	12.30	12.45	SF
12.30	13.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	12.30	13.15	SC
12.30	13.15	PS	AQUAGIM		AQUAGIM					12.30	13.15	PS
13.30	14.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			13.30	14.15	SC
13.30	13.45	SF	ABD. EXPRESS 15'	DST 15'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'			13.30	13.45	SF
14.30	14.45	SF	DST 15'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	ABD. EXPRESS 15'			14.30	14.45	SF
14.30	15.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		14.30	15.15	SC
15.30	15.50	SF	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	DST 15'	RADIKAL 20'			15.30	15.50	SF
15.30	16.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			15.30	16.15	SC
T A R D A												
16.30	16.45	SF	DST 15'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	ABD. EXPRESS 15'			16.30	16.45	SF
16.30	17.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			16.30	17.15	SC
16.45	17.30	PS	AQUAGIM		AQUAGIM					16.45	17.30	PS
17.30	17.45	SF	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	DST 15'			17.30	17.45	SF
18.00	18.50	S2		GLAM DANCE						18.00	18.50	S2
18.15	19.00	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING			18.15	19.00	SC
18.30	19.20	S2	BODY PUMP		CTC	BODY COMBAT				18.30	19.20	S2
18.30	18.45	SF	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	DST 15'	ABD. EXPRESS 15'			18.30	18.45	SF
19.00	19.45	PS		AQUAGIM		AQUAGIM				19.00	19.45	PS
19.00	19.50	S2		BODY PUMP						19.00	19.50	S2
19.15	20.00	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL			19.15	20.00	SC
19.30	20.20	S2	ZUMBA		DUET CAMP	TONIFICACIÓ	BODY PUMP			19.30	20.20	S2
19.30	19.45	SF	DST 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	RADIKAL 20'			19.30	19.45	SF
20.00	20.45	PS	AQUAGIM		AQUAGIM					20.00	20.45	PS
20.00	20.50	S2		PILATES						20.00	20.50	S2
20.00	20.50	S1		BODY COMBAT		PILATES				20.00	20.50	S1
20.15	21.00	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL			20.15	21.00	SC
20.30	21.20	S2	GAC		BODY PUMP	GLAM DANCE	ZUMBA			20.30	21.20	S2
20.30	20.45	SF	ABD. EXPRESS 15'	DST 15'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'			20.30	20.45	SF
21.15	22.00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			21.15	21.30	SC
21.30	21.45	SF	ESTIRAMENTS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ESTIRAMENTS 15'	ABD. EXPRESS 15'			21.30	21.45	SF



TIPUS D'ACTIVITAT	ESPAIS
CREMACALORIES	SC SALA CYCLING
TONIFICA	S1 SALA 1
PREVENCIÓ I RELAX	S2 SALA 2
SALUT	SF SALA FITNESS
	EXT EXTERIORS
	PS PISCINA PETITA
	PG PISCINA GRAN

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