

ACTIVITATS DIRIGIDES CEM LA PLANA

A partir del 4 de Febrer del 2019



Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
M A T I									
07.15	08.00	S2	DUET CAMP		BODY PUMP				
07.15	08.00	S3				HBX BOXING			
07.15	08.00	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
07.15	08.00	PS		AQUAGIM		AQUAPILATES			
07.30	07.45	SF	ABD. EXPRESS 15'	ESTIRAMENTS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	RADIKAL 20'		
07.30	08.15	PS	AQUAGIM		AQUAGIM		AQUAGIM		
08.00	08.50	S4	IOGA						
08.30	09.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
08.30	08.45	SF	ESTIRAMENTS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'		
08.30	09.20	S2	TONIFICACIO	GLAM DANCE	PILATES	ZUMBA	CTC		
08.30	09.20	S4		QIGONG	TAI-TXI	QIGONG	TAI-TXI		
08.30	09.15	PG	AQUAGIM AIGÜES PROF.		AQUAGIM AIGÜES PROF.		AQUAGIM AIGÜES PROF.		
08.30	09.15	PS	AQUAGIM		AQUAGIM		AQUAGIM		
08.45	09.30	PG		AQUAGIM		AQUAGIM			
09.30	10.15	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING VIRTUAL
09.30	10.15	S1	BODY COMBAT			BALLET FIT			
09.30	09.50	SF	ABD. EXPRESS 15'		ESTIRAMENTS 15'		DST 15'	RADIKAL 20'	
09.30	11.15	EXT			CAMINATA				
09.30	10.20	S2	BALLET FIT		ZUMBA	BODY PUMP	ZUMBA		
09.30	09.55	S2		CARDIO HIIT 25'					
09.30	10.20	S4	TAI-TXI				PILATES		
10.00	10.25	S2		TONIFICACIO 25'					
10.30	11.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.30	10.45	SF	ABD. EXPRESS 15'	ABD. EXPRESS 15'	DST 15'	ABD. EXPRESS 15'	ESTIRAMENTS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'
10.30	11.20	S1	STEP	BODY PUMP	GAC	ZUMBA			
10.30	11.20	S2	IOGA	PILATES	IOGA	ESQUENA SANA	BODY PUMP	BODY PUMP	
11.30	12.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.30	11.45	SF	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	RADIKAL 20'
11.30	12.20	S1	TONIFICACIO						
11.30	12.20	S2	IOGA	IOGA	GYM SUAU	IOGA	BODY BALANCE	ZUMBA	
12.30	13.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12.30	12.45	SF	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ESTIRAMENTS 15'	FREE FIT 20'
12.30	13.15	S1		ZUMBA					
12.30	13.15	S2			ESQUENA SANA	PILATES			
12.30	13.15	PS	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM		
M I G D I A									
13.30	14.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
13.30	13.45	SF	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'		
13.30	14.15	PS	AQUAGIM		AQUAGIM				
14.30	15.45	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14.30	14.15	SF	ABD. EXPRESS 15'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	FREE FIT 15'		
14.30	15.20	S1		BODY PUMP					
14.30	15.20	S2	DUET CAMP			DUET CAMP			
14.30	14.55	S2			CARDIO HIIT 25'				
15.00	15.25	S2			TONIFICACIO 25'				
15.30	16.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15.30	15.45	SF	ABD. EXPRESS 15'	RADIKAL 20'	RADIKAL 20'	ABD. EXPRESS 15'	ABD. EXPRESS 15'		
15.30	16.20	S1	BODY PUMP						
15.30	16.20	S2		IOGA	ZUMBA	IOGA			
T A R D A									
16.30	17.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16.30	17.45	SF	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	FREE FIT 20'	
16.45	17.30	PS	AQUAGIM	AQUAIOGA	AQUAGIM				
16.45	17.30	PG	AQUAGIM AIGÜES PROF.		AQUAGIM AIGÜES PROF.	AQUAGIM AIGÜES PROF.			
17.00	17.50	S1			BODY BALANCE	BODY PUMP			
17.00	17.55	S2	BODY PUMP	ZUMBA			IOGA		
17.00	17.50	S4	TAI-TXI		QIGONG	IOGA			
17.30	18.15	SC						CYCLING VIRTUAL	
17.30	17.55	S1	CTC 25'						
17.30	17.45	SF	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	
18.00	18.45	SC		CYCLING		CYCLING	CYCLING		
18.00	18.50	S2	ZUMBA	BODY PUMP	CARDIO HIIT	BODY COMBAT			
18.00	18.50	S4	IOGA	IOGA	IOGA	ESQUENA SANA			
18.00	18.45	SF		WALKING 45'					
18.15	19.00	SC	CYCLING		CYCLING				
18.15	19.00	S3				HBX BOXING			
18.30	19.15	SC						CYCLING VIRTUAL	
18.30	18.45	SF	ABD. EXPRESS 15'	FREE FIT 20'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	RADIKAL 20'	
18.30	19.20	S1	STEP BASIC	GAC					
18.30	19.15	S3	HBX BOXING						
18.45	19.30	S3			HBX BOXING				
19.00	19.45	SC				CYCLING			
19.00	19.50	S1					STEP		
19.00	19.50	S2	BODY PUMP	BODY COMBAT	ZUMBA	BODY PUMP	BODY PUMP		
19.00	19.50	S4	IOGA	ESTIRAMENTS	IOGA	PILATES			
19.00	19.45	PS	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM			
19.00	19.50	PG	DUET SWIMMERS						
19.00	19.45	EXT		DUET RUNNERS					
19.15	20.00	SC	CYCLING	CYCLING	CYCLING				
19.15	20.00	S3		HBX BOXING					
19.30	19.45	SF	RADIKAL 20'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	FREE FIT 20'	RADIKAL 20'	FREE FIT 20'	
19.30	20.20	S1	DUET CAMP	GLAM DANCE	PILATES	BALLET FIT			
19.30	20.15	S3	HBX BOXING						
20.00	20.45	SC				CYCLING			
20.00	20.50	S1					BODY BALANCE		
20.00	20.50	S2	BODY COMBAT	BODY BALANCE	DUET CAMP	GAC	ZUMBA		
20.00	20.50	S4	ESQUENA SANA	PILATES		IOGA			
20.00	20.45	PS	AQUAGIM		AQUAGIM		AQUAGIM		
20.00	20.45	PG		AQUAGIM AIGÜES PROF.		AQUAGIM AIGÜES PROF.			
20.15	21.00	S3		HBX BOXING					
20.15	21.00	SC	CYCLING		CYCLING			CYCLING VIRTUAL	
20.30	20.45	SF	ABD. EXPRESS 15'	FREE FIT 20'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'		
20.30	21.20	S1	PILATES	CARDIO HIIT	BODY COMBAT	BODY BALANCE			
20.30	21.15	S3	HBX BOXING						
21.00	21.50	S2	GAC		BODY PUMP				
21.15	22.00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		



TIPUS D'ACTIVITAT	ESPAIS
CREMACALORIES	SC SALA CYCLING EXT EXTERIORS
TONIFICA	SF SALA FITNESS PS PISCINA PETITA
PREVENCIO I RELAX	S1 SALA 1 PG PISCINA GRAN
SALUT	S2 SALA 2
	S3 SALA 3
	S4 SALA 4

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