

ACTIVITATS DIRIGIDES CEM LA PLANA

A partir del 13 de Setembre 2018

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	EXT						DUET RUNNERS	
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'	ESTIRAMENTS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'		
08.30	09.20	S2	TONIFICACIO	ZUMBA	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 AIGÜES PROF.		AQUAGIM AIGÜES PROF.			
09.30	10.15	SC	CYCLING		CYCLING		CYCLING	CYCLING	
09.30	10.15	S1				BODY BALANCE			
09.30	09.45	SF	ABD. EXPRESS 15'		ABD. EXPRESS 15'		ABD. EXPRESS 15'	RADIKAL 20'	
09.30	11.15	EXT			CAMINATA				
09.30	10.20	S2	CTC		ZUMBA	BODY PUMP	ZUMBA		
09.30	09.55	S2		CARDIO HIIT 30'					
09.30	10.20	S2		TONIFICACIO 30'					
09.30	10.20	S4	TAI-TXI						
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'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ESTIRAMENTS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'
10.30	11.20	S1	STEP	BODY PUMP	GAC	ESQUENA SANA			
10.30	11.20	S2	IOGA	PILATES	IOGA	ZUMBA	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'	ABD. EXPRESS 15'
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		
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				
13.30	14.15	S3		HBX boxing					
14.30	15.45	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
14.30	14.45	SF	DST 15'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	ABD. EXPRESS 15'		
14.30	15.20	S2	DUET CAMP			DUET CAMP			
14.30	14.55	S2		BODY PUMP 30'	CARDIO HIIT 30'				
15.00	15.25	S2		BODY COMBAT 30'	TONIFICACIO 30'				
15.30	16.15	SC	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	S2	BODY PUMP	IOGA	ZUMBA	IOGA			
T A R D A									
16.30	17.15	SC	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'		
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	S4	TAI-TXI		QIGONG	IOGA			
17.00	17.50	S2	BODY PUMP	ZUMBA		BODY PUMP	IOGA		
17.30	17.45	SF	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	
17.30	18.00	S1	CTC 30'	BODY COMBAT 30'	PILATES 30'	ZUMBA 30'	BODY PUMP 30'		
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	18.30	SF		WALKING 30'					
18.15	19.00	SC	CYCLING		CYCLING				
18.15	19.00	S3	HBX boxing			HBX boxing			
18.30	18.45	SF	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'	RADIKAL 20'	
18.30	19.20	S1	STEP BÀSIC	GAC					
18.45	19.30	S3			HBX boxing				
19.00	19.45	SC		CYCLING		CYCLING			
19.00	19.50	S1					STEP		
19.00	19.50	S2	BODY PUMP	BODY COMBAT	ZUMBA	CTC	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		DUET RUNNERS			
19.15	20.00	SC	CYCLING		CYCLING				
19.15	20.00	S3	HBX boxing	HBX boxing					
19.30	19.45	SF	RADIKAL 20'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	RADIKAL 20'		
19.30	20.20	S1	DUET CAMP	GLAM DANCE	PILATES	BODY PUMP			
20.00	20.45	SC		CYCLING		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			IOGA			
20.00	20.45	PS	AQUAGIM		AQUAGIM		AQUAGIM		
20.00	20.45	PG		AQUAGIM AIGÜES PROF.		AQUAGIM AIGÜES PROF.			
20.15	21.00	SF		HBX boxing					
20.15	21.00	SC	CYCLING		CYCLING		CYCLING VIRTUAL		
20.30	20.45	SF	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	RADIKAL 20'	ABD. EXPRESS 15'		
20.30	21:20	S1	PILATES	PILATES	BODY COMBAT				
21.00	21.50	S2	GAC		BODY PUMP	BODY BALANCE			
21.00	21.45	S3	HBX boxing						
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
TONFICA	SF SALA FITNESS PS PISCINA PETITA
PREVENCIÓ I RELAX	S1 SALA 1 PG PISCINA GRAN
SALUT	S2 SALA 2
	S3 SALA 3
	S4 SALA 4

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