

# ACTIVITATS DIRIGIDES CEM CAN ZAM

Vigència: A PARTIR DEL 1 DE AGOSTO

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
<b>MATÍ</b>								
07.15	08.00	SC		<b>CYCLING</b>		<b>CYCLING</b>		
07.15	08.00	S3	<b>HIIT CARDIO</b>		<b>TONO</b>			
08.00	08.45	S3					<b>TONO</b>	
08.15	9.00	S3		<b>PILATES</b>				
08.15	09.00	S1	<b>GAC</b>		<b>BODY PUMP</b>	<b>ZUMBA</b>		
09.00	9.45	PS	<b>AIGUAMIX</b>		<b>AIGUAMIX</b>		<b>AIGUAMIX</b>	
09.15	10.00	S1		<b>BODY PUMP</b>				
09.15	10.00	S3				<b>TONO</b>	<b>IOGA</b>	
09.30	10.15	SC						<b>CYCLING</b>
09.30	10.15	S1	<b>BODY COMBAT</b>		<b>ZUMBA</b>			
10.00	10.45	SC	<b>CYCLING</b>	<b>CYCLING</b>	<b>CYCLING</b>	<b>CYCLING</b>	<b>CYCLING</b>	
10.15	11.00	S3				<b>PILATES</b>		
10.30	11.15	S1					<b>BODY PUMP</b>	
10.30	11.15	S3	<b>YOGA</b>	<b>BODY BALANCE</b>				
10.30	11.15	S1						<b>AIGUAMIX</b>
11.00	11.45	PS		<b>AIGUAMIX</b>		<b>AIGUAMIX</b>		
11.45	12.15	S1						
<b>MIGDIA</b>								
15.30	16.15	S1	<b>ZUMBA</b>	<b>HIIT CARDIO</b>	<b>BODY COMBAT</b>	<b>BODY PUMP</b>		
15.15	16.00	S3						
16.00	16.45	S3	<b>PILATES</b>					
16.30	17.15	S3					<b>PILATES</b>	
16.45	17.30	S1	<b>GAC</b>	<b>BODY COMBAT</b>	<b>BODY PUMP</b>	<b>ZUMBA</b>		
<b>TARDA</b>								
17.00	17.45	PS		<b>AIGUAMIX</b>		<b>AIGUAMIX</b>		
17.15	18.00	S3	<b>ESQUENA SANA</b>					
17.45	18.30	S3		<b>TONO</b>	<b>ESQUENA SANA</b>			
17.45	18.30	S1					<b>BODY COMBAT</b>	
18.00	18.45	PS					<b>AIGUAMIX</b>	
18.00	18.45	S1	<b>BODY COMBAT</b>	<b>ZUMBA</b>	<b>ZUMBA</b>	<b>TONO</b>		
18.15	19.00	SC	<b>CYCLING</b>		<b>CYCLING</b>			
18.15	19.00	S3				<b>YOGA</b>		
18.30	19.15	PS	<b>AIGUAMIX</b>		<b>AIGUAMIX</b>			
18.45	19.30	SC		<b>CYCLING</b>		<b>CYCLING</b>		
19.00	19.45	S3		<b>YOGA</b>				
19.00	19.45	S1					<b>BODY PUMP</b>	
19.15	20.00	S1	<b>ZUMBA</b>	<b>BODY PUMP</b>	<b>GAC</b>	<b>BODY COMBAT</b>		
19.30	20.15	SC	<b>CYCLING</b>		<b>CYCLING</b>			
19.30	20.15	S3				<b>ESQUENA SANA</b>		
20.15	21.00	S3		<b>BODY COMBAT</b>				
20.30	21.15	S1	<b>BODY PUMP</b>		<b>PILATES</b>			

ESPAIS	S1 SALA 1	SC SALA CYCLING	SF SALA DE FITNESS	TIPUS D'ACTIVITAT
	S2 SALA 2	PS PISCINA PETITA		CREMACALORIES
	S3 SALA 3			TONFICA
				PREVENCIO I RELAX
				SALUT

Duet Sports es reserva el dret de modificar aquest horari

