

# HORARI D'ACTIVITATS DIRIGIDES

ègora Canovelles

Del 7 AL 17 DE GENER

			DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
Inici	Final	Sala						
08:00	08:45	Exterior			E. FUNCIONAL			
08:15	09:00	Exterior	BODYPUMP					
08:15	09:00	Piscina						
09:00	09:45	Exterior	E. FUNCIONAL	C. BALANCE	CYCLING			
09:30	10:15	Exterior					BODYPUMP	
09:15	10:00	Piscina						
10:00	10:45	Exterior	CYCLING	CORE 30'	BODYPUMP			
10:30	11:15	Exterior				C. PILATES	CTC	BODYPUMP
11:30	12:15	Exterior				BODYPUMP		CROSS TRAINNING
12:30	13:15	Piscina						
13:30	14:15	Exterior		E. FUNCIONAL		CROSS TRAINNING		
13:30	14:15	Exterior	BODYPUMP					
15:15	16:00	Piscina						
15:15	16:00	Exterior		CYCLING			SH'BAM	
15:15	16:00	Exterior			BODYPUMP			
17:00	17:45	Exterior	CYCLING	CYCLING				
17:30	18:15	Exterior					CTC	
17:30	18:00	Exterior				CORE 30'		
17:15	18:00	Exterior			CYCLING			
17:30	18:15	Piscina			AIGUA IOGA			
18:00	18:45	Exterior	CROSS TRAINNING	BODYPUMP				
18:00	18:45	Piscina						
18:15	19:00	Exterior			E. FUNCIONAL			
18:15	19:00	Exterior				SH'BAM		
18:30	19:15	Exterior					BODY PUMP	
19:00	19:45	Exterior		CROSS TRAINNING				
19:00	19:45	Piscina						
19:00	19:45	Exterior	SH'BAM					
19:15	20:00	Exterior			SH'BAM			
19:15	20:00	Exterior				COMBAT		
19:45	20:30	Piscina						
20:00	20:30	Exterior		HIIT 30'				
20:00	20:45	Piscina						
20:15	21:00	Piscina						