

HORARI ACTIVITATS DIRIGIDES SPORTS CENTER

Hora	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge	Sala	Hora
08.00 a 08.45	sala 1		Cycling						sala 1	08.00 a 08.45
08.00 a 08.45	sala 2	Tono	loga	Tono	Mat Pilates	Tono			sala 2	08.00 a 08.45
08.00 a 08.45	sala 1				Cycling virtual				sala 1	08.00 a 08.45
08.45 a 09.30	sala 2	Tono	Balance	Step	GAC	Zumba			sala 2	08.45 a 09.30
08.45 a 09.30	sala 0					Tono Pilates			sala 0	08.45 a 09.30
09.00 a 09.30	sala 0		TRX		TRX				sala 0	09.00 a 09.30
09.30 a 10.15	sala 1		Cycling		Cycling		Cycling virtual	Cycling virtual	sala 1	09.30 a 10.15
09.30 a 10.30	sala 2	Zumba sala 0	Mat Pilates	Tono	Functional Training	Tono			sala 2	09.30 a 10.30
09.30 a 10.30	sala 0	XT 29 sala 2		XT 29		Tono Pilates			sala 0	09.30 a 10.30
10.00 a 11.00	outdoor		Tai Txi		Tai Txi				outdoor	10.00 a 11.00
10.30 a 11.15	sala 2	Gym Suau		Gym Suau		Gym Suau			sala 2	10.30 a 11.15
10.30 a 11.15	sala 1						Cycling virtual	Cycling virtual	sala 1	10.30 a 11.15
11.00 a 13.00	sala 2		Sevillanas						sala 2	11.00 a 12.00
11.15 a 12.15	sala 2	Mat Pilates		Mat Pilates					sala 2	11.15 a 12.15
12.00 a 12.45	sala 1		Cycling virtual		Cycling virtual		Cycling	Cycling virtual	sala 1	12.00 a 12.45
13.00 a 14.00	sala 2		Sevillanas iniciación						sala 2	12.00 a 13.00
12.45 a 13.15	sala 2						Abdo Strech		sala 2	12.45 a 13.15
14.00 a 15.00	outdoor		Outdoor Training		Outdoor Training				outdoor	14.00 a 15.00
14.15 a 15.00	sala 1	Cycling	Cycling virtual	Cycling	Cycling virtual	Cycling virtual			sala 1	14.15 a 15.00
14.00 a 15.00	sala 2			Stretching					sala 2	14.15 a 15.15
14.15 a 15.15	sala 2		Bodypump		Bodypump				sala 2	14.15 a 15.15
14.30 a 15.30	sala 2	loga				loga			sala 2	14.30 a 15.30
16.00 a 16.45	sala 1						Cycling virtual	Cycling virtual	sala 1	16.00 a 16.45
16.30 a 17.15	sala 2		Gym Suau		Gym Suau				sala 2	16.30 a 17.15
16.30 a 17.15	sala 1	Cycling virtual	Cycling virtual	Cycling virtual	Cycling virtual	Cycling virtual			sala 1	16.30 a 17.15
17.00 a 17.45	sala 1						Cycling virtual	Cycling virtual	sala 1	17.00 a 17.45
18.00 a 18.45	sala 1	Cycling virtual	Cycling virtual	Cycling virtual	Cycling virtual	Cycling virtual	Cycling virtual	Cycling virtual	sala 1	18.00 a 18.45
18.00 a 19.00	sala 2	Tono	Mat Pilates	GAC	Mat Pilates				sala 2	18.00 a 19.00
19.00 a 19.45	sala 1						Cycling virtual	Cycling virtual	sala 1	19.00 a 19.45
19.00 a 20.00	sala 2	loga	Zumba	loga	GAC	loga			sala 2	19.00 a 20.00
19.00 a 20.00	sala 1		CXWORK						sala 1	19.00 a 20.00
20.00 a 20.45	sala 1	Cycling	Cycling	Cycling	Cycling virtual	Cycling virtual			sala 1	20.00 a 20.45
20.00 a 21.00	sala 2	HIIT	tono	Bodypump	zumba				sala 2	20.00 a 20.30
20.00 a 21.00	sala 2								sala 2	20.30 a 21.00
21.00 a 21.45	sala 1	Cycling virtual	Cycling virtual	Cycling virtual	Cycling virtual	Cycling virtual			sala 1	21.00 a 21.45

email de dubtes activitatsdirigides@rctb1899.es

El Club es reserva el dret a modificar l'horari.