

# HORARI D'ACTIVITATS DIRIGIDES GENER 2022

| INICI | FI    | SALA              | DILLUNS                | DIMARTS                        | DIMECRES                          | DIJOUS                           | DIVENDRES                        | DISSABTE               | SOCIS |
|-------|-------|-------------------|------------------------|--------------------------------|-----------------------------------|----------------------------------|----------------------------------|------------------------|-------|
| 07.15 | 07.55 | SALA 2            | HIIT<br>JOSE           | TONIFICACIÓ<br>EVA             | LES MILLS<br>BODYPUMP<br>CRISTINA | LES MILLS<br>BODYBALANCE<br>ANNA | TONIFICACIÓ<br>EVA               |                        | 12    |
| 08.00 | 08.40 | SALA 2            | TONIFICACIÓ<br>JOSE    |                                | TONIFICACIÓ<br>EVA                | MAT PILATES<br>ANNA              | TONIFICACIÓ<br>EVA               |                        | 12    |
| 08.00 | 08.45 | SALA 0            |                        |                                |                                   |                                  | MAT PILATES<br>ANNA              |                        | 8     |
| 08.00 | 08.55 | SALA 2            |                        | IOGA<br>ANGELES                |                                   |                                  |                                  |                        | 12    |
| 08.45 | 09.25 | SALA 2            | MAT PILATES<br>ANNA    |                                | GAC<br>EVA                        | POWER STRETCH<br>ISA             | LES MILLS<br>BODYBALANCE<br>ANNA |                        | 12    |
| 08.45 | 09.25 | SALA 0            |                        |                                | LES MILLS<br>BODYBALANCE<br>ISA   |                                  | TBC<br>EVA                       |                        | 8     |
| 09.00 | 09.30 | SALA 0            |                        | TRX 30<br>CRISTINA             |                                   | TRX 30<br>CRISTINA               |                                  |                        | 6     |
| 09.00 | 09.55 | SALA 2            |                        | TONIFICACIÓ<br>ANGELES         |                                   |                                  |                                  |                        | 12    |
| 09.30 | 10.25 | SALA 2            | GAC FUSIÓ<br>JOSE      |                                | TBC<br>EVA                        | FITNESSBALLET<br>ISA             | MAT PILATES<br>ANNA              |                        | 12    |
| 09.30 | 10.30 | SALA 0            |                        |                                | POWER STRETCH<br>ISA              |                                  | TONIFICACIÓ<br>EVA               |                        | 8     |
| 09.30 | 10.15 | PISCINA<br>PETITA |                        | CYCLING<br>JOSE                |                                   | CYCLING<br>JOSE                  |                                  |                        | 12    |
| 09.45 | 10.25 | SALA 2            |                        |                                |                                   |                                  |                                  | GAC<br>GABRIEL         | 12    |
| 10.00 | 11.00 | AIRE LLIURE       |                        | TAI TXI<br>ANDREA              |                                   |                                  | TAI TXI<br>ANDREA                |                        | 12    |
| 10.00 | 10.55 | SALA 2            |                        | MAT PILATES<br>ANGELES         |                                   |                                  |                                  |                        | 12    |
| 10.30 | 11.10 | SALA 2            | GYM SUAU<br>ANGELES    |                                | GYM SUAU<br>ANGELES               |                                  | MANTENIMENT<br>EVA               |                        | 12    |
| 10.30 | 11.25 | SALA 2            |                        |                                |                                   |                                  |                                  | TONIFICACIÓ<br>GABRIEL | 12    |
| 11.00 | 12.55 | SALA 2            |                        | FLAMENCO<br>PEPA               |                                   |                                  |                                  |                        | 12    |
| 11.15 | 12.10 | SALA 2            | MAT PILATES<br>ANGELES |                                | MAT PILATES<br>ANGELES            |                                  |                                  |                        | 12    |
| 11.30 | 12.15 | PISCINA<br>PETITA |                        |                                |                                   |                                  |                                  | CYCLING<br>GABRIEL     | 12    |
| 13.00 | 14.00 | SALA 2            |                        | SEVILLANAS<br>PEPA             |                                   |                                  |                                  |                        | 12    |
| 12.30 | 13.30 | SALA 2            |                        |                                |                                   |                                  |                                  | IOGA<br>JOSEP          | 12    |
| 14.00 | 15.00 | SALA 2            |                        |                                | POSTURAL FIT<br>ISA               |                                  |                                  |                        | 12    |
| 14.00 | 15.00 | AIRE LLIURE       |                        | OUTDOOR TRAINING<br>JORDI      |                                   | OUTDOOR TRAINING<br>JORDI        |                                  |                        | 12    |
| 14.15 | 15.15 | SALA 2            |                        | LES MILLS<br>BODYPUMP<br>LAURA |                                   | LES MILLS<br>BODYPUMP<br>LAURA   |                                  |                        | 12    |
| 14.15 | 15.00 | PISCINA<br>PETITA | CYCLING<br>LAURA       |                                | CYCLING<br>LAURA                  |                                  | CYCLING<br>ESTHER                |                        | 12    |
| 14.30 | 15.30 | SALA 2            | IOGA<br>JOSEP          |                                |                                   |                                  | IOGA<br>JOSEP                    |                        | 12    |
| 16.30 | 17.15 | SALA 2            |                        | GYM SUAU<br>KELLY              |                                   | GYM SUAU<br>ANGELES              |                                  |                        | 12    |
| 17.30 | 18.25 | SALA 2            |                        |                                |                                   |                                  | TONIFICACIÓ<br>JORDI             |                        | 12    |
| 18.00 | 18.55 | SALA 2            | TONIFICACIÓ<br>JOSE    | MAT PILATES<br>KELLY           | GAC<br>JOSE                       | MAT PILATES<br>ANGELES           |                                  |                        | 12    |
| 18.00 | 18.55 | SALA 0            | TONIFICACIÓ<br>JORDI   |                                | LES MILLS<br>SYBAM<br>JORDI       |                                  |                                  |                        | 8     |
| 18.30 | 19.25 | SALA 0            |                        |                                |                                   |                                  | ESTIRAMENTS<br>JORDI             |                        | 8     |
| 19.00 | 19.55 | SALA 2            | IOGA<br>JOSEP          | GAC FUSIÓ<br>JOSE              | IOGA<br>JOSEP                     | TONIFICACIÓ<br>ESTHER            | IOGA<br>JOSEP                    |                        | 12    |
| 19.00 | 19.55 | SALA 0            | GAC FUSIÓ<br>JORDI     |                                | MAT PILATES<br>JORDI              |                                  |                                  |                        | 8     |
| 20.00 | 20.45 | PISCINA<br>PETITA | CYCLING<br>GABRIEL     | CYCLING<br>JOSE                | CYCLING<br>GABRIEL                |                                  |                                  |                        | 12    |
| 20.00 | 21.00 | SALA 2            | HIIT<br>JOSE           |                                | LES MILLS<br>BODYPUMP<br>JOSE     |                                  |                                  |                        | 12    |

Ubicació: Wellness Center

Planta 1: Gimnàs Planta 0: Sala 2 Planta-1: Cycling i Sala 0

Per assistir ÉS OBLIGATORI RESERVAR PRÈVIAMENT: a l'app MYWELLNESS,

al email [activitatsdirigides@rctb1899.es](mailto:activitatsdirigides@rctb1899.es)

Les BAIXES hauran de ser comunicades abans del 25 de cada mes

a atenció al soci sinó la quota haurà de ser abonada.