

VilarencAqua

DILLUNS			DIMARTS			DIMECRES			DIJOUS			DIVENDRES			DISSABTE			DIUMENGE		
HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT
			08:30-09:20	S.1	PILATES				08:30-09:20	S.1	ZUMBA									
9:30-10:20	S.1	GAC	9:30-10:20	S.1	ZUMBA	9:30-10:20	S.1	B.PUMP	9:30-10:20	S.1	B.COMBAT	9:30-10:20	S.1	TBC						
10:30-11:20	S.1	B.BALANCE	10:30-11:20	S.1	GIMTERAPIA	10:30-11:20	S.1	B.BALANCE	10:30-11:20	S.1	HIPOPRESSIVOS	10:30-11:20	S.1	B.JAM	10:30-11:20	S.1	PILATES			
11:30-12:15	S.1	B.LINEAL							11:30-12:20	S.1	GIMTERAPIA	11:30-12:15	S.1	B.LINEAL						
			15:20-16:10	S.1	HIPOPRESSIVOS				15:20-16:10	S.1	B.BALANCE									
15:30-16:30	BOX	CROSS VILA				15:30-16:30	BOX	CROSS VILA												
17:05-17:55	S.1	ZUMBA	17:05-17:55	S.1	ZUMBA				17:05-17:55	S.1	ZUMBA	17:00-17:50	S.1	BOOTCAMP						
18:00-18:50	S.1	B.JAM	18:00-18:50	S.1	B.BALANCE	18:00-18:50	S.1	B.JAM	18:00-18:50	S.1	GAC									
19:00-19:50	S.1	B.PUMP	19:00-19:50	S.1	STEP	19:00-19:50	S.1	B.COMBAT	19:00-19:50	S.1	B.JAM	19:15-20:05	S.1	PILATES						
20:00-20:50	S.1	B.COMBAT	20:00-20:50	S.1	GAC	20:00-20:50	S.1	HIPOPRESSIVOS	20:00-20:50	S.1	B.PUMP									
			20:30-21:30	BOX	CROSS VILA							20:30-21:30	BOX	CROSS VILA						

HORARI DEL CENTRE:
De dilluns a divendres de 7h a 23h / Dissabtes 8h a 20h / Diumenges i festius: 8h 15h

DILLUNS			DIMARTS			DIMECRES			DIJOUS			DIVENDRES			DISSABTE			DIUMENGE		
HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT
			7:10-8:00	SP	VIRTUAL CYCL	7:10-8:00	SP	VIRTUAL CYCL				7:10-8:00	SP	VIRTUAL CYCL						
8:00-8:50	SP	VIRTUAL CYCL	8:00-8:50	SP	VIRTUAL CYCL	8:00-8:50	SP	VIRTUAL CYCL	8:00-8:50	SP	VIRTUAL CYCL	8:00-8:50	SP	VIRTUAL CYCL						
			9:30-10:20	SP	VIRTUAL CYCL				9:30-10:20	SP	VIRTUAL CYCL	9:15-10:05	SP	VIRTUAL CYCL	9:30-10:20	SP	SPINNING			
10:30-11:20	SP	SPINNING				10:30-11:20	SP	SPINNING				10:30-11:20	SP	SPINNING				10:00-10:50	SP	VIRTUAL CYCL
			11:30-12:20	SP	VIRTUAL CYCL				11:30-12:20	SP	VIRTUAL CYCL									
13:30-14:20	SP	VIRTUAL CYCL				13:30-14:20	SP	VIRTUAL CYCL				13:30-14:20	SP	VIRTUAL CYCL				13:00-13:50	SP	VIRTUAL CYCL
			14:30-15:20	SP	SPINNING				14:30-15:20	SP	SPINNING									
16:00-16:50	SP	VIRTUAL CYCL				16:00-16:50	SP	VIRTUAL CYCL				16:00-16:50	SP	VIRTUAL CYCL						
															17:00-17:50	SP	VIRTUAL CYCL			
18:00-18:50	SP	SPINNING	18:00-18:50	SP	SPINNING	18:00-18:50	SP	SPINNING	18:00-18:50	SP	SPINNING	18:00-18:50	SP	SPINNING						
19:00-19:50	SP	SPINNING	19:00-19:50	SP	SPINNING	19:00-19:50	SP	SPINNING	19:00-19:50	SP	SPINNING									
20:05-20:55	SP	VIRTUAL CYCL																		

*Pisc: Piscina / S.1:Sala d'activitats 1 / Cross: Sala Cross / SP:Sala spinning
*Totes les sessions estan incloses en el preu de l'abonament

DILLUNS			DIMARTS			DIMECRES			DIJOUS			DIVENDRES			DISSABTE			DIUMENGE		
HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT
8:00-8:45	PISC	AQUAGYM				8:00-8:45	PISC	AQUAGYM	8:00-8:45	PISC	AQUAGYM	8:00-8:45	PISC	AQUAGYM						
9:30-10:15	PISC	AQUAGYM	9:30-10:15	PISC	AQUAGYM	9:30-10:15	PISC	AQUAGYM	9:30-10:20	PISC	AQUAGYM	9:30-10:15	PISC	AQUAGYM						
11:45-12:30	PISC	AQUAGYM				11:45-12:30	PISC	AQUAGYM	11:45-12:30	PISC	AQUAGYM	11:45-12:30	PISC	AQUAGYM	11:45-12:30	PISC	AQUAGYM			
15:30-16:15	PISC	AQUAGYM	15:30-16:15	PISC	AQUAGYM	15:30-16:15	PISC	AQUA LATINO	15:30-16:20	PISC	AQUAGYM									
19:30-20:15	PISC	AQUAGYM	19:30-20:15	PISC	AQUAGYM	19:30-20:15	PISC	AQUAGYM	19:30-20:15	PISC	AQUAGYM	19:30-20:15	PISC	AQUAGYM						

