

HORARI D' ACTIVITATS DIRIGIDES DEL 30 DE JUNY AL 03 D'AGOST

|       | DILLUNS                           | ESPAI  |       | DIMARTS                          | ESPAI   |       | DIMECRES                       | ESPAI   |       | DIJOUS                           | ESPAI   |       | DIVENDRES             | ESPAI   |       |
|-------|-----------------------------------|--------|-------|----------------------------------|---------|-------|--------------------------------|---------|-------|----------------------------------|---------|-------|-----------------------|---------|-------|
| 7:30  | Circuit de Training (50') Celeste | Sala 2 | 7:30  |                                  |         | 7:30  |                                |         | 7:30  | Tonificació (50') Italo          | Sala 2  | 7:30  |                       |         | 7:30  |
| 8:30  | Vinyasa Flow Ioga (50') Celeste   | Sala 2 | 8:30  | Tono Stretching (50') Celeste    | Sala 2  | 8:30  |                                |         | 8:30  | Pump (50') Italo                 | Sala 2  | 8:30  |                       |         | 8:30  |
| 9:30  | Pilates (50') Celeste             | Sala 2 | 9:30  | Tonificació (50') Celeste        | Sala 2  | 9:30  | Cycling (50') Carmel           | Sala 1  | 9:30  | Zumba (50') Italo                | Sala 2  | 9:30  | Cycling (50') Carmel  | Sala 1  | 9:30  |
| 10:30 | Tonificació (50') Celeste         | Sala 2 | 10:30 | Aquazumba (50')                  | Tarraco | 10:30 | Aquagym (50') Carmel           | Piscina | 10:30 |                                  |         | 10:30 | Aquagym (50') Carmel  | Piscina | 10:30 |
|       |                                   |        |       | Benestar d'esquena (50') Celeste | Sala 2  |       | CORE + Stretching (50') Jan    | Sala 2  |       | Pilates (50') Italo              | Sala 2  |       | Tonificació (50') Jan | Sala 2  |       |
| 11:30 | Sènior (50') Celeste              | Sala 2 | 11:30 | Pilates (50') Celeste            | Sala 2  | 11:30 | Sènior (50') Carmel            | Sala 2  | 11:30 |                                  |         | 11:30 | Sènior (50') Carmel   | Sala 2  | 11:30 |
| 13:30 | TRX (40') Albert                  | Sala 2 | 13:30 |                                  |         | 13:30 | TRX (40') Carmel               | Sala 2  | 13:30 |                                  |         | 13:30 | TRX (40') Carmel      | Sala 2  | 13:30 |
| 14:15 | Cycling (50') Albert              | Sala 1 | 14:15 | Dumbbells Albert                 | Sala 2  | 14:15 | Cycling (50') Albert           | Sala 1  | 14:15 | Pilates (50') Italo              | Sala 2  | 14:15 |                       |         | 14:15 |
| 15:00 |                                   |        | 15:00 |                                  |         | 15:00 |                                |         | 15:00 |                                  |         | 15:00 | Pump (50') Italo      | Sala 2  | 15:00 |
| 18:00 | Cycling (50') Jan                 | Sala 1 | 18:00 | CORE + Stretching (50') Valeria  | Sala 2  | 18:00 | Benestar d'esquena (50') Italo | Sala 2  | 18:00 | Cycling (50') Carmel             | Sala 1  | 18:00 | Cycling (50') Martin  | Sala1   | 18:00 |
|       | Pilates (50') Esther              | Sala 2 |       | Zumba (50') Italo                | Sala 2  |       | Cycling (50') Esther           | Sala 1  |       | Balance (50') Valeria            | Sala 2  |       | Pilates (50') Italo   | Sala 2  |       |
| 19:00 | Cycling (50') Esther              | Sala 1 | 19:00 | Cycling (50') Jan                | Sala 1  | 19:00 | Cycling (50') Esther           | Sala 1  | 19:00 | Cycling (50') Carmel             | Sala 1  | 19:00 | Cycling (50') Martin  | Sala1   | 19:00 |
|       | HIIT + abdominal (30') Jan        | Sala 2 |       | Dumbbells Valeria                | Poli    |       | Full Body (50') Italo          | Sala 2  |       | Running (90') Jordi M.           | Outdoor |       | Zumba (50') Italo     | Sala 2  |       |
|       |                                   |        |       | Fit Pilates (50') Italo          | Sala 2  |       |                                |         |       | Zumba (50') Valeria              | Sala 2  |       |                       |         |       |
| 20:00 | Balls en linea (60') Pedro        | Sala 2 | 20:00 | CORE + Stretching (50') Italo    | Sala 2  | 20:00 | Pilates (50') Italo            | Sala 2  | 20:00 | Circuit Tonificació (50') Carmel | Poli    | 20:00 | Pilates (50') Italo   | Sala 2  | 20:00 |
|       |                                   |        |       | Cross Training ( 50') Valeria    | Poli    |       |                                |         |       | Dumbbells Valeria                | Sala 2  |       |                       |         |       |
|       |                                   |        |       | Cycling (50') Italo              | Sala 1  |       |                                |         |       |                                  |         |       |                       |         |       |

Recorda que tenim atenció a la sala del CTT. Consulta els nostres monitors sobre exercicis i rutines d'entrenament - La disponibilitat dels monitors pot variar segons criteris d'organització

|       | DISSABTE              | ESPAI   |  | DIUMENGE                            | ESPAI  |       |
|-------|-----------------------|---------|--|-------------------------------------|--------|-------|
| 9:00  | BTT (90') Jordi A.    | Outdoor |  |                                     |        | 9:00  |
|       | Tonificació (50') Jan | Sala 2  |  | Tonificació (50') Italo             | Sala 2 |       |
| 10:00 | Aigües Obertes (90')  | Outdoor |  | Pilates (50') Italo                 | Sala 2 | 10:00 |
|       | Cycling (50') Jan     | Sala 1  |  | Cycling (50') / cada 15 dies Esther | Sala 1 | 11:00 |
| 11:00 | Tonificació (50') Jan | Sala 2  |  | Tonificació (50') Italo             | Sala 2 | 11:00 |

HORARI D'ATENCIÓ SALA:  
  
DILLUNS A DIVENDRES DE 09:00 A 13:00  
  
DIMARTS DE 19:30 A 20:30  
  
DIMECRES DE 18:30 A 19:30

PARTICULARS (1h)- HORARIS A CONVENIR  
  
1 PERSONA 40€ / BONS DE 5 CLASSES 150€

- ZEN
- CYCLING
- TONIFICACIÓ
- WELLNESS
- BALLS
- OUTDOOR