

DUWO

u r b a n c u b e

| HORA | S | DILLUNS | S | DIMARTS | S | DIMECRES | S | DIJOUS | S | DIVENDRES | S | DISSABTE |
|---------------|----|---|----|---|----|--|----|--|----|--|---|--------------------------------|
| 06.50 - 07.35 | 2 | CIRCUIT TRAINING Marta Prat | 2 | TONIFICACIÓ Ramon Torné | 3 | C. INDOOR Marta Prat | 2 | INTERVAL Marta Prat | 2 | BODYPUMP LES MILLS Nat | | |
| 08.15 - 09.00 | | | PI | AQUADYNAMIC LES MILLS Arnau Gonzalez | | | PI | AIGUAGIM Sergio Fernandez | | | | |
| 09.10 - 10.10 | 1 | IOGA Rosa Martínez | | | 1 | IOGA Eva | | | 1 | IOGA Cristina Català | | |
| 09.30 - 10.15 | 2 | STEP-GAC Marta Prat | 2 | BODYPUMP LES MILLS Ramon Torné | 2 | INTERVAL Marta Prat | 2 | ZUMBA Susana Masagué | 1 | PILATES Susana Masagué | | |
| 09.30 - 10.15 | 3 | C. INDOOR Noel Lorenzo | | | | | 3 | C. INDOOR Sergio Fernandez | | | | |
| 09.30 - 10.15 | PI | AQUADYNAMIC LES MILLS Arnau G. | PI | AIGUAGIM Arnau Gonzalez | PI | AQUADYNAMIC LES MILLS Noel Lorenzo | PI | AIGUAGIM Arnau Gonzalez | PI | AIGUAGIM Nat | | |
| 10.00 - 11.00 | | | | | | | | | | | 1 | IOGA Cristina Català |
| 10.25 - 10.40 | F | ABDOMINALS Arnau G. | | | | | | | | | | |
| 10.30 - 11.15 | 1 | PILATES Marta Prat | 2 | GIM SUAU Ramon Torné | 1 | PILATES Marta Prat | 2 | GIM SUAU Sergio Fernandez | 2 | SLOW DANCE Susana Masagué | | |
| 10.30 - 11.15 | PI | AQUADYNAMIC LES MILLS Noel Lorenzo | PI | AIGUAGIM Arnau Gonzalez | | | PI | AIGUAGIM Arnau Gonzalez | | | | |
| 11.00 - 11.45 | | | | | | | | | | | 2 | BODYPUMP LES MILLS |
| 12.15 - 13.00 | | | | | | | | | | | 3 | C. INDOOR |
| 13.00 - 13.15 | | | | | | | | | | | F | ABDOMINALS |
| 13.20 - 13.35 | F | ABDOMINALS Marta Prat | | | | | | | | | | |
| 13.40 - 14.40 | | | | | | | 1 | CIRCUIT TRAINING Sergio Fernández | | | | |
| 13.40 - 14.25 | 3 | C. INDOOR Marta Prat | 2 | BODYCOMBAT LES MILLS Ramon Torné | 2 | BODYPUMP LES MILLS Marta Prat | | | 2 | ZUMBA Susana | | |
| 15.15 - 16.00 | 2 | ZUMBA Andreu Ruíz | 2 | INTERVAL Susana Masagué | | | 2 | BODYPUMP LES MILLS Susana Masagué | | | | |
| 16.00 - 16.45 | PI | AQUADYNAMIC LES MILLS Arnau G. | PI | AIGUAGIM Arnau G. | PI | AQUADYNAMIC LES MILLS Judith Codina | PI | AIGUAGIM Anna J. | PI | AQUADYNAMIC LES MILLS Anna J. | | |
| 16.15 - 17.00 | 2 | TONIFICACIÓ Susana Masagué | | | 1 | PILATES Susana Masagué | | | | | | |
| 17.15 - 18.00 | 3 | C. INDOOR Sergio Fernandez | | | 2 | INTERVAL Damià Purtil | 1 | PILATES Susana Masagué | | | | |
| 17.45 - 18.00 | | | F | ABDOMINALS Anna Barea | | | | | F | ABDOMINALS Ramon Torné | | |

S SALA PI PISCINA CI CICLISME INDOOR

Les classes de ioga tenen una durada de 60 minuts.

La direcció del centre podrà, quan ho consideri necessari, modificar el nombre de sessions, el contingut, l'horari i els tècnics que les imparteixen.

FEBRER 2018

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|---------------|----|---------------------------------------|----|-------------------------------------|----|-------------------------------------|----|--|---|--------------------------------------|
| 18.15 - 19.00 | | | 1 | PILATES Jèssica Berengueras | 2 | ZUMBA Susana Masagué | 1 | ZUMBA Nat | | |
| 18.15 - 19.00 | 2 | ZUMBA Andreu Ruíz | 2 | INTERVAL Susana Masagué | 2 | BODYPUMP LES MILLS Damià Purí | 1 | BODYCOMBAT LES MILLS Ramon Torné | 2 | TONIFICACIÓ Ramon Torné |
| 18.15 - 19.00 | 3 | C. INDOOR Sergio Fernandez | 3 | C. INDOOR Anna Barea | | | | | | |
| 19.10 - 19.25 | F | ABDOMINALS Sergio Fernandez | | | | | | | | |
| 19.15 - 20.00 | 2 | BODYPUMP LES MILLS Arnau Abancó | 2 | STEPS Susana Masagué | 2 | INTERVAL Jèssica Berengueras | 2 | INTERVAL Susana Masagué | 2 | STEPS Ramon Torné |
| 19.15 - 20.00 | | | 3 | C. INDOOR Anna Barea | 3 | C. INDOOR Damià Purí | 3 | C. INDOOR Ramon Torné | 3 | C. INDOOR Nat |
| 20.00 - 21.00 | 1 | IOGA Cristina Català | | | | | 1 | IOGA Cristina | | |
| 20.15 - 21.00 | 3 | C. INDOOR Arnau Abancó | 1 | PILATES Anna Barea | 3 | C. INDOOR Jèssica Berengueras | | | | |
| 20.15 - 21.00 | 2 | INTERVAL Sergio Fernandez | 2 | ZUMBA Susana Masagué | | | 2 | HIIT Ramon Torné | 2 | BODYPUMP LES MILLS Ramon Torné |
| 20.30 - 21.15 | PI | AIGUAGIM Arnau G | PI | AQUADYNAMIC LES MILLS Anna J. | PI | CURSETS NATACIÓ Noel Lorenzo | PI | AQUADYNAMIC LES MILLS Mariona | | |
| 21.15 - 22.00 | 2 | CIRCUIT TRAINING Sergio Fernandez | 2 | BODYPUMP LES MILLS Anna Barea | 2 | INTERVAL Damià Purí | 1 | PILATES Ramon Torné | | |

... més activitats

natació per a nadons

cursets de natació infantil

gimnàs infantil

ludoteca

escola de pàdel (Cube)

Pilates Reformer (Cube)

entrenaments personals

hipopressius