

## HORARI ACTIVITATS DIRIGIDES WELLNESS CENTER

Hora	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge	Sala	Hora
08.00 a 08.45	sala 2	Tono	loga	Tono	Mat Pilates	Tono			sala 2	08.00 a 08.45
08.45 a 09.30	sala 2	Tono	Tono	Aerobic	Gomas	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	XT 29	Mat Pilates	Tono	Postural	Tono			sala 2	09.30 a 10.30
09.30 a 10.30	sala 0	Aerobic		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		evillanas iniciació						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
17.00 a 18.00	sala 2					Tono			sala 2	18.00 a 19.00
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	Stretching			sala 2	18.00 a 19.00
19.00 a 19.45	sala 1	Cycling					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	Tono				sala 2	20.00 a 20.30
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.



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