ACTIVA'T

PISCINA SANT JORDI

A PARTIR DE L'1 D'OCTUBRE

		DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE, DIUMENGE I FESTIUS
07.15	08.00	GAC	SPIN	X-CROSS	SPIN	GLOBAL FIT	
08.15	09.00	PUMP	GLOBAL FIT SENIOR	CARDIO FIT	GLOBAL FIT SENIOR	CORE	
09.00	09.45	AQUA SENIOR	AQUA	AQUA SENIOR	AQUA		
09.15	10.00	CARDIO FIT	POSTURAL	PUMP	POSTURAL	FLEX	
10.15	11.00	FLEX	SPIN	GAC	SPIN	CORE	GLOBAL FIT
10.15	11.00	AQUA					AQUA (DISSABTE)
11.15	12.00	SPIN	CORE 20'	SPIN	CORE 20'	SPIN	SPIN
12.15	13.00	PILATES					
12.15	13.00	AQUA					
13.45	14.05	SPIN HIT 20'	X-CROSS 20'	SUSPENSION FIT 20'	X-CROSS 20'	SPIN HIT 20'	
14.15	15.00	DANCE	GLOBAL FIT	DANCE	PUMP	GAC	
14.15	15.00	SPIN					
14.30	15.00	AQUA HIT 30'	AQUA 30'	AQUA HIT 30'	AQUA 30'	AQUA HIT 30'	
15.15	16.00	FLEX	PUMP	CARDIO FIT	GLOBAL FIT	STEP	
16.10	16.55	CARDIO FIT	FLEX	PUMP	FLEX	CORE	
17.05	17.50	GAC	STEP	FLEX	DANCE	PUMP	
18.00	18.45	DANCE	PUMP	GLOBAL FIT	X-CROSS	DANCE	
18.00	18.45	SPIN					
18.50	19.10	GAC 20'	CORE 20'	GAC 20'	CORE 20'	FLEX 20'	
19.00	19.45	AQUA	AQUA HIT 30'	AQUA	AQUA HIT 30'	AQUA	
19.15	20.00	PILATES (19.15 - 20.15)	GAC	PILATES (19.15 - 20.15)	GLOBAL FIT	GAC	
19.15	20.00	SPIN					
20.15	21.00	PILATES (20.15 - 21.15)	PUMP	PILATES (20.15 - 21.15)	SUSPENSION FIT	GLOBAL FIT	
20.15	20.45	SPIN HIT 30'					
20.30	21.15	AQUA	AQUA HIT 30'	AQUA	AQUA HIT 30'	AQUA	

BOX PSJ

		DILLUNS	DIMARTS	DIMECRES	DIJOUS
14.15	15.00	X-FIT	X-CROSS	X-FIT	X-CROSS
18.00	18.45	X-CROSS		X-CROSS	
18.50	19.10	CORE 20'		CORE 20'	

PILATES NO INCLÒS EN L'ABONAMENT