



INICI - FINAL	ESPAI	DILLUNS 15	DIMARTS 16	DIMECRES 17	DIJOUS 18	DIVENDRES 19	DISSABTE 20	DIUMENGE 21
07:05 - 07:55	S 2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III			
07:30 - 07:45	S F	HIIT III	CIRCUIT II	G.A.C II	CIRCUIT II			
08:15 - 09:00	P		WET INTERVAL II					
08:15 - 09:05	S 2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III			
08:30 - 08:45	S F	CIRCUIT II	ESTIRAMENTS I	HIIT III	ESTIRAMENTS I			
09:15 - 09:30	S F						ABDOMINALS II	
09:15 - 10:05	S 2	VIRTUAL BIKE III		VIRTUAL BIKE III	VIRTUAL BIKE III		VIRTUAL BIKE III	VIRTUAL BIKE III
09:30 - 10:20	S 1	ZUMBA II		BODYPUMP II	ZUMBA II			
09:30 - 10:20	S 2		CICLO INDOOR II					
09:30 - 10:15	P	WET INTERVAL II			WET COMBO I			
10:15 - 10:30	S F	ABDOMINALS II	ABDOMINALS II	ABDOMINALS II	ABDOMINALS II		ABDOMINALS II	CIRCUIT II
10:30 - 11:20	S 1	GENT GRAN I	BODYPUMP II	GENT GRAN I				
10:30 - 11:20	S 2	CICLO INDOOR III		CICLO INDOOR III				
11:15 - 12:05	S 3		GRAVITY II					
11:15 - 11:30	S F						HIIT III	HIIT III
11:15 - 12:05	S 2						VIRTUAL BIKE III	VIRTUAL BIKE III
11:30 - 11:45	S F	CIRCUIT II	G.A.C II	ABDOMINALS II	HIIT III			
12:00 - 12:15	S F						CIRCUIT II	ABDOMINALS II
12:15 - 13:05	S 2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		VIRTUAL BIKE III	VIRTUAL BIKE III
12:30 - 13:20	S 2							
13:30 - 14:20	S 1	BODYPUMP II						
13:15 - 14:05	S 2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III			
13:30 - 14:20	H T			HARD TRAINING III				
14:00 - 14:15	S F		G.A.C II		CIRCUIT II			
14:15 - 15:05	S 1		ZUMBA II					
14:15 - 15:05	S 2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III			
15:15 - 16:05	S 1	BODYPUMP II	BODYCOMBAT III	ZUMBA II	ZUMBA II			
16:15 - 17:05	S 2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		VIRTUAL BIKE III	
16:00 - 16:45	P		WET INTERVAL II		WET GYM I			
17:15 - 18:05	S 1	ITB II	BODYPUMP II	BODYCOMBAT III	CXWORK+TABATA II			
17:15 - 18:05	S 2		VIRTUAL BIKE III		VIRTUAL BIKE III			
17:30 - 17:45	S F	ABDOMINALS II	CIRCUIT II	ABDOMINALS II	HIIT III		ABDOMINALS II	
18:15 - 19:05	S 1	ZUMBA II	CXWORK+TABATA II	GLOBAL PILATES I				
18:15 - 19:05	S 2	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III		VIRTUAL BIKE III	
18:15 - 19:05	S 3		IOGA I					
18:15 - 19:05	H T				HARD TRAINING III			
18:30 - 18:45	S F						ABDOMINALS II	
19:15 - 20:05	S 1	BODYPUMP II	ZUMBA II	BODYPUMP II	ZUMBA II			
19:15 - 20:05	S 2	CICLO INDOOR III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III			
19:15 - 20:05	S 3	IOGA I	GRAVITY II		IOGA I			
19:15 - 20:00	P			WET INTERVAL II				
20:15 - 20:30	S F	ESTIRAMENTS I		ESTIRAMENTS I				
20:15 - 21:05	S 1	CXWORK+TABATA II						
20:15 - 21:05	S 2	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III			
21:15 - 22:05	S 2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III			

FESTIU

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DILLUNS 22

FESTIU

CARDIOVASCULAR

TONIFICACIÓ

COS I MENT

AQUÀTIQUES

I - BAIXA INTENSITAT

II - MITJA INTENSITAT

III - ALTA INTENSITAT

S 1 - Sala 1

S 2 - Sala 2

S 3 - Sala 3

S F Sala Fitness

P - Piscina

HT - Hard Training

EXT - Exterior

La direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el nombre i l'ordre de les sessions, el contingut, els horaris i els tècnics que les imparteixen.

