

ACTIVITATS DIRIGIDES



CARDIO



CARDIO+COREO



TONIFICACIÓ



SALUT

CENTRE ASSOCIAT



	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE	DIUMENGE	
	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 2	SALA 2	
MATÍ		LES MILLS BODYPUMP		LES MILLS BODYBALANCE		LES MILLS BODYPUMP		LES MILLS BODYBALANCE		LES MILLS BODYPUMP			MATÍ
08.30 50'		LES MILLS BODYPUMP		LES MILLS BODYBALANCE		LES MILLS BODYPUMP		LES MILLS BODYBALANCE		LES MILLS BODYPUMP			08.30 50'
09.30 50'	CYCLING	LES MILLS BODYBALANCE	ZUMBA FITNESS	LES MILLS BODYPUMP	CYCLING	LES MILLS BODYBALANCE	ZUMBA FITNESS	LES MILLS BODYPUMP	CYCLING	ZUMBA FITNESS	ZUMBA FITNESS	LES MILLS BODYPUMP	09.30 50'
10.30 50'	TBC	ZUMBA FITNESS	CYCLING	PILATES	TBC	ZUMBA FITNESS	CYCLING	PILATES	LES MILLS BODYBALANCE		GAC	STEP	10.30 50'
11.30 50'		MAMIFIT*		TAI-TXI		MAMIFIT*		TAI-TXI	TAI-TXI		PILATES	CARDIOBOX	11.30 50'
12.00 50'	IOGA				IOGA								12.00 50'
12.30 50'				QI-GONG									12.30 50'
TARDA		LES MILLS BODYPUMP	LES MILLS BODYBALANCE	TAEKWONDO* BRITISH 16h-17:25h		TBC	LES MILLS BODYBALANCE	TAEKWONDO* BRITISH 16h-17:25h					TARDA
16.30 50'		LES MILLS BODYPUMP	LES MILLS BODYBALANCE	TAEKWONDO* BRITISH 16h-17:25h		TBC	LES MILLS BODYBALANCE	TAEKWONDO* BRITISH 16h-17:25h					16.30 50'
17.30 50'	KUNG-FU*	LES MILLS BODYBALANCE	ZUMBA FITNESS	TAEKWONDO* INFANTIL 1	LES MILLS BODYBALANCE	IOGA	ZUMBA FITNESS	TAEKWONDO* INFANTIL 1	KUNG-FU*	LES MILLS BODYBALANCE			17.30 50'
18.30 50'	CARDIOBOX	ZUMBA FITNESS	PILATES	LES MILLS BODYPUMP	CARDIOBOX	ZUMBA FITNESS	CYCLING	PILATES	CARDIOBOX	ZUMBA FITNESS			18.30 50'
19.30 50'	CYCLING	LES MILLS BODYPUMP	LES MILLS GRIT™	ZUMBA FITNESS	CYCLING XL 90'	LES MILLS BODYPUMP	LES MILLS GRIT™	ZUMBA FITNESS	CYCLING	LES MILLS BODYBALANCE		19h SALSA* 90'	19.30 50'
20.30 50'		LES MILLS BODYBALANCE	CYCLING	SALSA* 90'		ESTIRAMENTS	LES MILLS BODYPUMP	IOGA					20.30 50'

* Activitats no incloses a la quota.

CTAG es reserva el dret de modificació d'aquest horari i dels tècnics.

Horari: De dilluns a divendres de 8:00 a 22:30h / Dissabte i diumenge de 8:00h a 20:30h
Els dies festius no hi ha activitats dirigides.