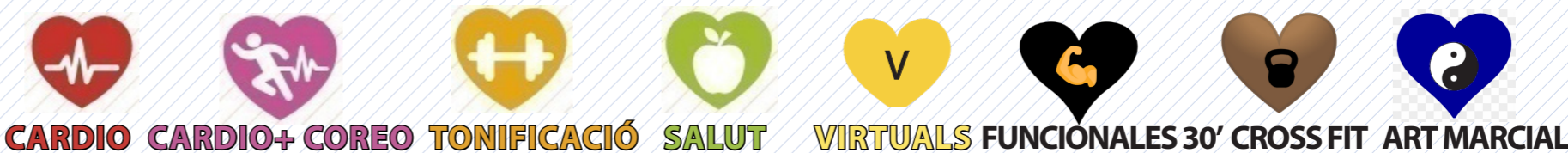


# ACTIVITATS DIRIGIDES



CARDIO CARDIO+ COREO TONIFICACIÓ SALUT VIRTUALS FUNCIONALS 30' CROSS FIT ART MARCIAL

	DILLUNS			DIMARTS			DIMECRES			DIJOUS			DIVENDRES			DISSABTE			DIUMENGE			
	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	
8:30 9:15	Virtual BODYPUMP	YOGA VINYASA	HIIT 8:45h	Virtual COMBAT	LES MILLS BODYBALANCE		TBC	HIPO PRESIVOS 9:00h	ZEN +60	Virtual COMBAT	PILATES		Virtual BODYPUMP	YOGA VINYASA	HIIT 8:45h	Virtual BODYPUMP			Virtual BODYPUMP			8:30 9:15
9:30 10:15	CYCLING	PILATES		Virtual CYCLING	LES MILLS BODYPUMP		CYCLING	PILATES		Virtual CYCLING	LES MILLS BODYPUMP		CYCLING	PILATES		CYCLING	STEP	ABD 30'	Virtual COMBAT	LES MILLS BODYPUMP	HIIT 30'	9:30 10:15
10:30 11:15	Virtual COMBAT		CORE 30'	Virtual BODYPUMP	YOGA VINYASA	HIIT 30'	Virtual COMBAT	POSTURAL 30'	CORE 11:00h	Virtual BODYPUMP	YOGA HATHA	HIIT 30'	Virtual COMBAT			CARDIO BOX	LES MILLS BODYPUMP		Virtual CYCLING	STEP		10:30 11:15
11:30 12:15	Virtual BODYPUMP	YOGA INTEGRAL	WOD 12:00	Virtual COMBAT	TAICHI		Virtual BODYPUMP	YOGA INTEGRAL	WOD 12:00	Virtual CYCLING	TAICHI		Virtual CYCLING		WOD 12:00	Virtual BODYPUMP	PILATES		Virtual BODYPUMP	PILATES		11:30 12:15
12:30 13:15	Virtual COMBAT			Virtual CYCLING			Virtual COMBAT			Virtual COMBAT			Virtual BODYPUMP			Virtual CYCLING		HIIT 30'	Virtual CYCLING		WOD 30'	12:30 13:15
13:30 14:15	Virtual CYCLING			Virtual COMBAT			Virtual CYCLING			Virtual CYCLING			Virtual COMBAT			Virtual COMBAT			Virtual COMBAT			13:30 14:15
14:30 15:15	Virtual BODYPUMP			Virtual CYCLING			Virtual COMBAT			Virtual BODYPUMP			Virtual CYCLING			Virtual BODYPUMP			Virtual BODYPUMP			14:30 15:15
15:30 16:15	Virtual COMBAT			Virtual BODYPUMP			Virtual CYCLING			Virtual COMBAT			Virtual COMBAT			Virtual CYCLING			Virtual CYCLING			15:30 16:15
16:30 17:15	Virtual CYCLING	LES MILLS BODYPUMP		Virtual COMBAT	STEP		Virtual BODYPUMP	PILATES		Virtual CYCLING	LES MILLS BODYPUMP		Virtual BODYPUMP			Virtual COMBAT			Virtual COMBAT			16:30 17:15
17:30 18:15	CARDIO BOX	YOGA HATHA		MUSICAL FITNESS	LES MILLS BODYPUMP		CYCLING	YOGA VINYASA		PILATES	STEP		CARDIO BOX	PILATES		Virtual BODYPUMP		TRX 30'	Virtual BODYPUMP		TRX 30'	17:30 18:15
18:30 19:15	ZUMBA FINEST	LES MILLS BODYBALANCE	CROSS FIT	CYCLING	PILATES	GAP	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	CROSS FIT	CYCLING	PILATES	TBC	BOXEO FIT	ZUMBA FINEST		Virtual COMBAT			Virtual COMBAT			18:30 19:15
19:30 20:30	CYCLING	LES MILLS BODYPUMP		STEP	YOGA POWER		CYCLING	PILATES		LES MILLS BODYPUMP	YOGA POWER		CYCLING			Virtual CYCLING			Virtual CYCLING			19:30 20:30
20:30 21:30	Virtual BODYPUMP	YOGA HATHA		BOXEO FIT			Virtual BODYPUMP	YOGA HATHA		CARDIO BOX			Virtual BODYPUMP									20:30 21:30

\* Activitats no incloses a la quota

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

Horari: De dilluns a diumenge de 8:00 a 21:30h/

Els dies festius no hi ha activitats dirigides. Les activitats funcionals tenen una duració de 30 minuts