



poliesportiu
municipal
del centre

ACTIVITATS DIRIGIDES - NADAL

DEL 23 DE DESEMBRE DE 2019 AL 6 DE GENER DE 2020

INICI - FINAL	ESPAI	DILLUNS 23	DIMARTS 24	DIMECRES 25	DIJOUS 26	DIVENDRES 27	DISSABTE 28	DIUMENGE 29		
07.30 07.45	SF	HIIT	CIRCUIT	FESTIU	FESTIU	HIIT				
08.15 09.00	P	WET INTERVAL	WET INTERVAL			WET COMBO				
08.15 09.05	S2	CICLO INDOOR								
08.30 08.45	SF	CIRCUIT	ESTIRAMENTS					CIRCUIT		
08.30 09.00	HT		HARD TRAINING 30'							
09.15 10.05	S1	ZUMBA	BODY COMBAT					CXWORX+TABATA		
09.15 10.05	S2									
09.30 10.15	P	WET INTERVAL								
10.15 10.30	SF	ABDOMINALS	ABDOMINALS					ABDOMINALS	ABDOMINALS	CIRCUIT
10.15 11.05	S1	GENT GRAN	GENT GRAN					BODY PUMP	IBT	
10.30 11.20	S3	IOGA								
10.30 11.20	S2		CICLO INDOOR							
11.15 11.30	SF								HIIT	HIIT
11.15 12.05	S2								CICLO INDOOR	
11.30 11.45	SF	CIRCUIT	G.A.C II					ABDOMINALS		
12.00 12.50	S2									
12.00 12.15	SF								CIRCUIT	ABDOMINALS
12.30 13.20	S2									
13.30 14.20	S1	BODY PUMP								
13.30 14.20	S2		CICLO INDOOR							
14.15 15.05	S1									
14.15 15.05	S2									
15.15 16.05	S1	STRONG by ZUMBA						ZUMBA		
16.00 16.50	P							WET INTERVAL		
17.15 18.05	S1	BODY PUMP						BODYPUMP		
17.15 18.05	S3									
17.30 17.45	SF	ABDOMINALS						ABDOMINALS	ABDOMINALS	
18.15 19.05	S1	CWWORX+TABATA						PILATES		
18.15 19.05	S2	CICLO INDOOR						CICLO INDOOR		
18.15 19.05	S3									
18.30 18.45	SF						ABDOMINALS			
19.00 19.45	P	WET INTERVAL								
19.15 20.05	S1	ZUMBA				BODY PUMP				
19.15 20.05	S2	CICLO INDOOR								
20.15 20.30	SF	ESTIRAMENTS				ESTIRAMENTS				
20.15 21.05	S3	GLOBAL PILATES								
20.15 21.05	HT	SURVIVAL								

INICI - FINAL	ESPAI	DILLUNS 23	DIMARTS 24	DIMECRES 25	DIJOUS 26	DIVENDRES 27	DISSABTE 28	DIUMENGE 29		
07.05 07.55	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	FESTIU	FESTIU	VIRTUAL BIKE III				
09.15 10.00	S2	VIRTUAL BIKE III	VIRTUAL BIKE III			VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		
10.15 11.05	S2	VIRTUAL BIKE III						VIRTUAL BIKE III	VIRTUAL BIKE III	
11.15 12.05	S2	VIRTUAL BIKE III						VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
12.15 13.05	S2	VIRTUAL BIKE III	VIRTUAL BIKE III					VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
13.15 14.05	S2	VIRTUAL BIKE III						VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
14.15 15.05	S2	VIRTUAL BIKE III						VIRTUAL BIKE III	VIRTUAL BIKE III	
15.15 16.05	S2	VIRTUAL BIKE III						VIRTUAL BIKE III	VIRTUAL BIKE III	
16.15 17.05	S2	VIRTUAL BIKE III						VIRTUAL BIKE III	VIRTUAL BIKE III	
17.15 18.05	S2	VIRTUAL BIKE III						VIRTUAL BIKE III	VIRTUAL BIKE III	
18.15 19.05	S2								VIRTUAL BIKE III	
19.15 20.05	S2							VIRTUAL BIKE III		
20.15 21.05	S2	VIRTUAL BIKE III						VIRTUAL BIKE III		
21.15 22.05	S2	VIRTUAL BIKE III						VIRTUAL BIKE III		

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.

S 1 Sala 1 S 2 Sala 2 S 3 Sala 3 S F Sala Fitness P Piscina HT HT



Ajuntament de L'Hospitalet



ACTIVITATS DIRIGIDES - NADAL

DEL 23 DE DESEMBRE DE 2019 AL 6 DE GENER DE 2020

INICI - FINAL	ESPAI	DILLUNS 30	DIMARTS 31	DIMECRES 1	DIJOUS 2	DIVENDRES 3	DISSABTE 4	DIUMENGE 5	
07.30 07.45	SF	HIIT	CIRCUIT	FESTIU	CIRCUIT	HIIT			
08.15 09.00	P	WET INTERVAL	WET INTERVAL		WET INTERVAL	WET COMBO			
08.15 09.05	S2	CICLO INDOOR							
08.30 08.45	SF	CIRCUIT	ESTIRAMENTS			ESTIRAMENTS	CIRCUIT		
08.30 09.00	HT		HARD TRAINING 30'			HARD TRAINING 30'			
09.15 10.05	S1	ZUMBA	BODY COMBAT			ZUMBA	CXWORX+TABATA		
09.15 10.05	S2								
09.30 10.15	P	WET INTERVAL							
10.15 10.30	SF	ABDOMINALS	ABDOMINALS			ABDOMINALS	ABDOMINALS	ABDOMINALS	CIRCUIT
10.15 11.05	S1	GENT GRAN	GENT GRAN			GENT GRAN	BODY PUMP	IBT	
10.30 11.20	S3	IOGA							
10.30 11.20	S2		CICLO INDOOR			CICLO INDOOR			
11.15 11.30	SF							HIIT	HIIT
11.15 12.05	S2							CICLO INDOOR	
11.30 11.45	SF	CIRCUIT	G.A.C II			HIIT	ABDOMINALS		
12.00 12.50	S2								
12.00 12.15	SF							CIRCUIT	ABDOMINALS
12.30 13.20	S2								
13.30 14.20	S1	BODY PUMP							
13.30 14.20	S2		CICLO INDOOR						
14.15 15.05	S1								
14.15 15.05	S2								
15.15 16.05	S1	STRONG by ZUMBA				BODYPUMP	ZUMBA		
16.00 16.50	P						WET INTERVAL		
17.15 18.05	S1	BODY PUMP				CWWORX+TABATA	BODYPUMP		
17.15 18.05	S3								
17.30 17.45	SF	ABDOMINALS				G.A.C. II	ABDOMINALS	ABDOMINALS	
18.15 19.05	S1	CWWORX+TABATA				ZUMBA	PILATES		
18.15 19.05	S2	CICLO INDOOR					CICLO INDOOR		
18.15 19.05	S3					IOGA			
18.30 18.45	SF							ABDOMINALS	
19.00 19.45	P	WET INTERVAL				WET INTERVAL			
19.15 20.05	S1	ZUMBA			GLOBAL PILATES	BODY PUMP			
19.15 20.05	S2	CICLO INDOOR			CICLO INDOOR				
20.15 20.30	SF	ESTIRAMENTS			ESTIRAMENTS	ESTIRAMENTS			
20.15 21.05	S1				BODYPUMP				
20.15 21.05	S3	GLOBAL PILATES							
20.15 21.05	HT	SURVIVAL							

INICI - FINAL	ESPAI	DILLUNS 30	DIMARTS 31	DIMECRES 1	DIJOUS 2	DIVENDRES 3	DISSABTE 4	DIUMENGE 5	
07.05 07.55	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	FESTIU	VIRTUAL BIKE III	VIRTUAL BIKE III			
09.15 10.00	S2	VIRTUAL BIKE III	VIRTUAL BIKE III		VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
10.15 11.05	S2	VIRTUAL BIKE III					VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
11.15 12.05	S2	VIRTUAL BIKE III					VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
12.15 13.05	S2	VIRTUAL BIKE III	VIRTUAL BIKE III			VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
13.15 14.05	S2	VIRTUAL BIKE III				VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
14.15 15.05	S2	VIRTUAL BIKE III				VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
15.15 16.05	S2	VIRTUAL BIKE III				VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
16.15 17.05	S2	VIRTUAL BIKE III				VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
17.15 18.05	S2	VIRTUAL BIKE III				VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
18.15 19.05	S2					VIRTUAL BIKE III		VIRTUAL BIKE III	
19.15 20.05	S2						VIRTUAL BIKE III		
20.15 21.05	S2	VIRTUAL BIKE III				VIRTUAL BIKE III	VIRTUAL BIKE III		
21.15 22.05	S2	VIRTUAL BIKE III				VIRTUAL BIKE III	VIRTUAL BIKE III		

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