

# ACTIVIDADES DIRIGIDAS CEM CAN ZAM

Vigencia: A PARTIR DEL 1 DE NOVIEMBRE

Inicio	Final	Espacio	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<b>M A T I</b>								
07.10	07.55	SC		CYCLING		CYCLING		
07.10	07.55	S3	HIIT CARDIO		TONO			
08.00	08.45	S1					TONO	
08.05	08.50	S3		PILATES				
08.05	08.50	S1	GAC		BODY PUMP	ZUMBA		
09.00	09.25	PS		AIGUAMIX 25min		AIGUAMIX 25min		
09.30	09.55	PS		AIGUAMIX 25min		AIGUAMIX 25min		
09.00	09.15	SF		ABD 15'		ABD 15'		
09.00	09.45	S3					YOGA	
09.15	09.40	PS	AIGUAMIX 25min		AIGUAMIX 25min		AIGUAMIX 25min	
09.45	10.10	PS	AIGUAMIX 25min		AIGUAMIX 25min		AIGUAMIX 25min	
09.15	09.30	SF	ABD 15'		ABD 15'		ABD 15'	
09.15	10.00	S1		BODY PUMP		TONO		
09.15	10.00	S3			ESQUENA SANA			
09.30	10.15	SC						CYCLING
09.30	10.15	S3				PILATES		
09.30	10.15	S1	BODY COMBAT		ZUMBA			
09.45	10.30	S3	PILATES					
10.00	10.45	SC		CYCLING		CYCLING	CYCLING	
10.15	11.00	S3		BODY BALANCE				
10.30	11.15	S1					BODY PUMP	
10.30	11.15	SC	CYCLING		CYCLING			
10.30	10.55	PS						AIGUAMIX 25min
11.00	11.25	PS						AIGUAMIX 25min
10.30	11.00	S1			TONO 30'			
10.30	11.00	S3				HIPOPRESIVOS		
10.30	11.15	S1	YOGA			BODY COMBAT		
10.30	11.15	S3						
10.45	11.15	S3	HIPOPRESIVOS					
11.00	11.25	PS	AIGUAMIX 25min	AIGUAMIX 25min	AIGUAMIX 25min	AIGUAMIX 25min		
11.30	11.55	PS	AIGUAMIX 25min	AIGUAMIX 25min	AIGUAMIX 25min	AIGUAMIX 25min		
11.15	12.00	S3	TAI CHI			TAI CHI		
11.30	12.15	S1					ZUMBA	BODY PUMP
12.30	13.15	S1						ZUMBA
<b>MIGDIA</b>								
15.30	16.15	S1	ZUMBA	HIIT CARDIO	BODY COMBAT	BODY PUMP		
15.15	16.00	S3						
16.00	16.45	S3	ESQUENA SANA		PILATES			
16.15	17.00	S3						
16.30	17.15	S3				BODY BALANCE	PILATES	
16.30	17.15	S1	GAC		BODY PUMP			
16.45	17.30	S1		BODY COMBAT		ZUMBA		
<b>T A R D A</b>								
17.00	17.25	PS	AIGUAMIX 25min	AIGUAMIX 25min	AIGUAMIX 25min	AIGUAMIX 25min		
17.30	17.55	PS	AIGUAMIX 25min	AIGUAMIX 25min	AIGUAMIX 25min	AIGUAMIX 25min		
17.00	17.30	S3	ZUMBA 30'		ZUMBA 30'			
17.30	18.15	S3		TONO		ESQUENA SANA		
17.30	18.15	S1					BODY COMBAT	
17.45	18.30	S1	BODY COMBAT					
17.45	18.30	S2	KIDS		KIDS			
17.45	18.30	S1		ZUMBA	ZUMBA	TONO		
18.30	18.55	PS	AIGUAMIX 25min		AIGUAMIX 25min		AIGUAMIX 25min	
19.00	19.25	PS	AIGUAMIX 25min		AIGUAMIX 25min		AIGUAMIX 25min	
18.00	18.45	S1						
18.00	18.15	SF	ABD 15'		ABD 15'		ABD 15'	
18.15	19.00	SC	CYCLING		CYCLING			
18.30	19.15	S3	PILATES		ESQUENA SANA	STEP		
18.30	19.15	S1					BODY PUMP	
18.30	18.45	SF		ABD 15'		ABD 15'		
18.45	19.30	SC		CYCLING		CYCLING		
18.45	19.30	S1	CTC	BODY PUMP	GAC			
18.45	19.30	S3		BODY BALANCE				
19.00	19.15	SF	ABD 15'		ABD 15'		ABD 15'	
19.00	19.45	S1				BODY COMBAT		
19.15	20.00	SC	CYCLING		CYCLING			
19.30	20.15	S1	ZUMBA		BODY COMBAT			
19.30	19.45	SF		ABD 15'		ABD 15'		
19.45	20.15	SC		CYCLING 30'				
19.45	20.30	S1					ZUMBA	
19.45	20.30	S3		PILATES		YOGA		
20.00	20.15	SF	ABD 15'		ABD 15'			
20.15	21.00	S1				ZUMBA		
20.30	20.45	SF		ABD 15'		ABD 15'		
20.30	21.15	S1	BODY PUMP	BODY COMBAT	BODY PUMP			

ESPAIS	S1	SALA 1	SC	SALA CYCLING	TIPUS D'ACTIVITAT
	S2	SALA 2	PS	PISCINA PETITA	CREMA CALORIES
	S3	SALA 3	SF	SALA FITNESS	TONIFICA
					PREVENÇIÓ I RELAX

