

HORARIS ACTIVITATS VIRTUALS



DEL 15 SETEMBRE 2025 AL 31 DESEMBRE 2025

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE	
06:45 - 07:35	POWER PUMP	1	HIIT	1	BOX	1	POWER PUMP	1	PILATES	1		
08:30 - 09:20	IOGA	1	POWER PUMP	1	GAC	WJ	BOX	1	DANCE	1		
	POWER PUMP	WJ	DANCE	WJ	HIIT	1						
09:30 - 10:20	DANCE	1	HIIT	1	POWER PUMP	1	BOX	1	CORE	1	POWER PUMP	1
10:30 - 11:20	GAC	1	POWER PUMP	1	DANCE	1			PILATES	1	BOX	1
11:30 - 12:20	PILATES	1	GAC	1	CORE	1	DANCE	1	POWER PUMP	1	PILATES	1
12:30 - 13:20											HIIT	1
14:30 - 15:20	POWER PUMP	1	DANCE	1	GAC	1	BOX	1	PILATES	1		
15:30 - 16:20	HIIT	1	POWER PUMP	1			CORE	1	DANCE	1		
16:30 - 17:20											POWER PUMP	1
17:30 - 18:20	HIIT	1	GAC	1	GAC	1					HIIT	1
									CORE	1		
18:30 - 19:20											IOGA	1
19:30 - 20:20	CORE	1					DANCE	1	GAC	1		
									HIIT	WJ		
20:30 - 21:20	GAC	1	DANCE	1			BOX	1				

1 Sala 1 2 Sala 2 SP Sala Spinning WJ WIN Jesus

Coreografia Força Cos i Ment Cardio Manteniment Gent Gran