

Programa d'activitats dirigides

Vàlid a partir del 7 de gener

CET 10®
Bac de Roda
CENTRE ESPORTIU MUNICIPAL

Sala 1

| Inici | Fi | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE |
|-------|-------|-----------------|-----------------|----------------|-----------------|--------------|-----------------|
| 07:00 | 07:55 | G.A.C. | SOULBODY | | BODY BALANCE | BODY PUMP | |
| 07:00 | 07:25 | | | STEP 25' | | | |
| 07:30 | 08:55 | | | ZUMBA 25' | | | |
| 08:00 | 08:55 | SOULBODY | | BODY PUMP | G.A.C. | BODY BALANCE | |
| 08:00 | 08:25 | | PILATES 25' | | | | |
| 08:30 | 08:55 | | FUNCIONAL 25' | | | | |
| 09:30 | 10:25 | FUNCIONAL | AEROBIC | ZUMBA | SOULBODY | STEP | |
| 10:00 | 10:55 | | | | | | FUNCIONAL |
| 10:30 | 11:25 | GIM SUAU | BODY PUMP | ESTIRAMENTS | PILATES | ZUMBA | |
| 11:00 | 11:55 | | | | | | STEP |
| 11:30 | 12:25 | ZUMBA | GIM SUAU | GIM SUAU | GIM SUAU | BODY PUMP | |
| 12:00 | 12:55 | | | | | | G.A.C. |
| 13:00 | 13:25 | | | | | | ESTIRAMENTS 25' |
| 13:15 | 14:10 | FUNCIONAL | ZUMBA | BODY PUMP | BODY COMBAT | BODY BALANCE | |
| 14:15 | 15:10 | SOULBODY | BODY PUMP | BODY COMBAT | | BODY PUMP | |
| 14:15 | 14:40 | | | | GRIT SERIES | | |
| 14:45 | 15:10 | | | | BODY ATTACK 25' | | |
| 15:15 | 16:10 | BODY PUMP | | SOULBODY | BODY COMBAT | ESTIRAMENTS | |
| 15:15 | 15:40 | | GRIT SERIES | | | | |
| 15:45 | 16:10 | | BODY ATTACK 25' | | | | |
| 16:15 | 17:10 | BODY BALANCE | BODY COMBAT | PILATES | BODY PUMP | STEP | |
| 17:15 | 18:10 | | BODY PUMP | BODY COMBAT | ZUMBA | BODY BALANCE | |
| 17:15 | 17:40 | GRIT SERIES | | | | | |
| 17:45 | 18:10 | BODY ATTACK 25' | | | | | |
| 18:15 | 19:10 | STEP | ZUMBA | | SOULBODY | BODY PUMP | |
| 18:15 | 18:40 | | | GRIT SERIES | | | |
| 18:45 | 19:10 | | | ABDOMINALS 25' | | | |
| 19:15 | 20:10 | BODY PUMP | BODY ATTACK | STEP | AEROBIC | BODY COMBAT | |
| 20:15 | 21:00 | BODY BALANCE | BODY COMBAT | ZUMBA | BODY PUMP | BODY ATTACK | |
| 21:15 | 22:10 | BODY PUMP | BODY BALANCE | BODY PUMP | BODY COMBAT | | |

Sala 2

| Inici | Fi | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|-------|-------|-------------|-------------|--------------|--------------|--------------------|
| 08:30 | 09:25 | | | TAI-TXÍ | | |
| 09:00 | 09:25 | | PILATES 25' | | | TAI-TXÍ PERFEC. 24 |
| 09:30 | 10:25 | ZUMBA | IOGA | BODY BALANCE | IOGA | TAI-TXÍ |
| 10:30 | 11:25 | BODY COMBAT | IOGA | STEP | IOGA | BODY BALANCE SUAU |
| 11:25 | 12:25 | ESTIRAMENTS | BODY ATTACK | FUNCIONAL | BODY COMBAT | |
| 14:15 | 15:10 | | | | BODY BALANCE | |
| 18:30 | 19:25 | PILATES | SOULBODY | BODY BALANCE | STEP | TAI-TXÍ |
| 19:30 | 20:00 | | | | | TAI-TXÍ PERFEC. 24 |
| 19:30 | 20:25 | ZUMBA | IOGA | TAI-TXÍ | IOGA | |
| 20:30 | 21:25 | BODY ATTACK | IOGA | PILATES | IOGA | |

Piscina petita | Gran | Indoor

| Inici | Fi | Piscina | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE |
|-------|-------|---------|------------------|------------------|------------------|------------------|------------------|----------|
| 07:30 | 08:15 | PG | BOARDFIT | | BOARDFIT | | | |
| 08:15 | 09:00 | PP | AQUA TBC | AQUAGIM | AQUA TBC | AQUA TBC | AQUADANCE | |
| 08:15 | 09:00 | PI | AQUAGIM | AQUAGIM | AQUA TBC | AQUAGIM | AQUA TBC | |
| 09:00 | 09:45 | PP | AQUAGIM | AQUAGIM | AQUA TBC | AQUAGIM | AQUA TBC | |
| 09:45 | 10:30 | PP | AQUA TBC | AQUA TBC | | | | |
| 10:00 | 10:45 | PP | | | AQUAGIM | AQUAGIM | AQUA TBC | AQUA TBC |
| 10:15 | 11:00 | PG | AIGÜES PROFUNDES | AIGÜES PROFUNDES | AIGÜES PROFUNDES | AIGÜES PROFUNDES | AIGÜES PROFUNDES | |
| 10:30 | 11:15 | PP | AQUAGIM | AQUADANCE | | | | |
| 11:00 | 11:45 | PG/PP | | | AQUA TBC | HIDROPOWER | AQUAGIM | AQUAGIM |
| 11:15 | 12:00 | PP | AQUA TBC | AQUAGIM | | | | |
| 14:15 | 15:00 | PG/PP | AQUA TBC | BOARDFIT | HIDROPOWER | BOARDFIT | AQUAGIM | |
| 15:15 | 16:00 | PP | | AQUA TBC | | AQUAGIM | | |
| 18:00 | 18:45 | PP | HIDROPOWER | | AQUA TBC | | | |
| 19:00 | 19:45 | PP | AQUAGIM | AQUAGIM | AQUA TBC | AQUA TBC | AQUAGIM | |
| 20:00 | 20:45 | PP | AQUA TBC | AQUAGIM | AQUARUNNING +AB | HIDROPOWER | AQUA TBC | |
| 20:15 | 21:00 | PG | | BOARDFIT | | BOARDFIT | | |
| 21:00 | 21:45 | PG | | | BOARDFIT | | | |

Sala de fitness

| Inici | Fi | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|-------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:15 | 07:30 | ABDOMINALS | | ABDOMINALS | | ABDOMINALS | | |
| 07:45 | 08:00 | | ABDOMINALS | | GLUTI CAMP | | | |
| 08:00 | 08:30 | | SKILL HIIT | | SKILL HIIT | | | |
| 08:00 | 08:15 | ABDOMINALS | | SKILL CHALLENGE | | ABDOMINALS | | |
| 09:15 | 09:30 | ABDOMINALS | ABDOMINALS | ABDOMINALS | ABDOMINALS | ABDOMINALS | | |
| 10:00 | 10:15 | ABDOMINALS | GLUTI CAMP | ABDOMINALS | GLUTI CAMP | ABDOMINALS | ABDOMINALS | ABDOMINALS |
| 11:15 | 11:30 | ABDOMINALS | ABDOMINALS | ABDOMINALS | ABDOMINALS | ABDOMINALS | GLUTI CAMP | GLUTI CAMP |
| 12:15 | 12:30 | MIO-STRETCHING | ABDOMINALS | MIO-STRETCHING | ABDOMINALS | MIO-STRETCHING | SKILL CHALLENGE | SKILL CHALLENGE |
| 13:15 | 13:30 | ABDOMINALS | SKILL CHALLENGE | ABDOMINALS | SKILL CHALLENGE | ABDOMINALS | ABDOMINALS | ABDOMINALS |
| 14:15 | 14:30 | SKILL CHALLENGE | ABDOMINALS | SKILL CHALLENGE | ABDOMINALS | SKILL CHALLENGE | ABDOMINALS | ABDOMINALS |
| 14:30 | 15:00 | SKILL HIIT | SKILL HIIT | SKILL HIIT | SKILL HIIT | SKILL HIIT | | |
| 15:00 | 15:15 | MIO-STRETCHING | ABDOMINALS | MIO-STRETCHING | ABDOMINALS | MIO-STRETCHING | ABDOMINALS | ABDOMINALS |
| 16:15 | 16:30 | ABDOMINALS | ABDOMINALS | ABDOMINALS | ABDOMINALS | ABDOMINALS | ABDOMINALS | ABDOMINALS |
| 17:15 | 17:30 | SKILL CHALLENGE | ABDOMINALS | SKILL CHALLENGE | ABDOMINALS | SKILL CHALLENGE | SKILL CHALLENGE | SKILL CHALLENGE |
| 18:15 | 18:30 | ABDOMINALS | GLUTI CAMP | ABDOMINALS | GLUTI CAMP | ABDOMINALS | MIO-STRETCHING | MIO-STRETCHING |
| 19:00 | 19:30 | | SKILL HIIT | | SKILL HIIT | | | |
| 19:15 | 19:30 | GLUTI CAMP | ABDOMINALS | GLUTI CAMP | ABDOMINALS | GLUTI CAMP | | |
| 20:00 | 20:30 | SKILL HIIT | SKILL HIIT | SKILL HIIT | SKILL HIIT | SKILL HIIT | | |
| 20:30 | 20:45 | ABDOMINALS | MIO-STRETCHING | ABDOMINALS | MIO-STRETCHING | ABDOMINALS | | |
| 21:15 | 21:30 | SKILL CHALLENGE | ABDOMINALS | SKILL CHALLENGE | ABDOMINALS | SKILL CHALLENGE | | |

Sala (espai)*

| Inici | Fi | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|-------|-------|---------------------|-----------------|------------------|-----------------|---|
| 08:00 | 08:55 | | HIPOPRESSIUS | | HIPOPRESSIUS | |
| 11:00 | 11:55 | | | | | POST PART |
| 11:45 | 12:40 | | | | IOGA NIDRA | |
| 14:30 | 15:25 | | | HATHA IOGA | | |
| 18:30 | 19:25 | HIP HOP | PILATES | IOGA RESTAURATIU | HIPOPRESSIUS | |
| 19:30 | 20:25 | STREET DANCE ADULTS | BOXA | SALUT D'ESQUENA | SALUT D'ESQUENA | |
| 20:00 | 21:25 | | | | | ARTS MARCIALS MIXTES I DEFENSA PERSONAL |
| 20:30 | 21:25 | SALSA CUBANA | BACHATA SENSUAL | SALSA FUSIÓ | | |
| 20:30 | 22:00 | | | | BOXA | |

Cycling

| Inici | Fi | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|-------|----------|----------|----------|----------|-----------|----------|----------|
| 07:00 | 07:45 | CYCLING | CYCLING | VIRTUAL | CYCLING | VIRTUAL | | |
| 08:00 | 08:45 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 09:15 | 10:00 | CYCLING | CYCLING | CETCYCLE | CYCLING | CYCLING | | |
| 10:00 | 10:45 | | | | | | VIRTUAL | VIRTUAL |
| 10:15 | 11:00 | CYCLING | CYCLING | CYCLING | CYCLING | VIRTUAL | | |
| 11:00 | 11:45 | | | | | | CYCLING | VIRTUAL |
| 11:15 | 12:00 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 12:00 | 12:45 | | | | | | CYCLING | VIRTUAL |
| 13:00 | 13:45 | | | | | | VIRTUAL | VIRTUAL |
| 14:00 | 14:45 | | | | | | VIRTUAL | VIRTUAL |
| 14:15 | 15:00 | CYCLING | CETCYCLE | CYCLING | CETCYCLE | VIRTUAL | | |
| 15:00 | 15:45 | | | | | | VIRTUAL | VIRTUAL |
| 15:15 | 16:00 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 16:00 | 16:45 | | | | | | VIRTUAL | VIRTUAL |
| 17:00 | 17:45 | | | | | | VIRTUAL | VIRTUAL |
| 17:15 | 18:00 | CETCYCLE | CYCLING | CYCLING | VIRTUAL | VIRTUAL | | |
| 18:00 | 18:45 | | | | | | VIRTUAL | VIRTUAL |
| 18:15 | 19:00 | CYCLING | CYCLING | CYCLING | CETCYCLE | CYCLING | | |
| 19:00 | 19:45 | | | | | | VIRTUAL | |
| 19:15 | 20:00 | CETCYCLE | CYCLING | CETCYCLE | CYCLING | CYCLING | | |
| 20:15 | 21:00 | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 21:15 | 22:00 | CYCLING | CYCLING | CYCLING | | | | |

*Les sessions complementàries no estan incloses a la quota. Per a més informació consulta a recepció.



El centre podrà modificar el nombre, contingut i horari de les sessions quan ho consideri necessari en funció de necessitats tècniques o de dates especials. **Els dies festius no hi haurà activitats dirigides.**