

Programa d'activitats dirigides

A partir del 10 de maig

CET 10[®]
Bac de Roda
CENTRE ESPORTIU MUNICIPAL

Sala 1

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

* Les sessions de dissabte s'alternaran un cop al mes. Consulta la sessió del proper dissabte a l'àrea client de la web.

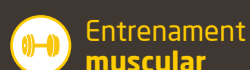
Sala 2

Inici	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
08:30			TAI-TXÍ		
09:30		IOGA		IOGA	TAI-TXÍ
10:30		IOGA		IOGA	BODY BALANCE
18:15	PILATES		BODY BALANCE		TAI-TXÍ
19:15		IOGA	TAI-TXÍ	IOGA	
20:15		IOGA	PILATES	IOGA	

Sala Cycling

Inici	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
09:15	CYCLING		CYCLING			
10:15		CYCLING		CYCLING		
11:00						CYCLING
12:00						CYCLING
14:15		CETCYCLE				
18:15	CETCYCLE	CYCLING			CYCLING	
19:15	CYCLING		CETCYCLE		CYCLING	
20:15	CYCLING	CYCLING	CYCLING	CYCLING		
21:15	CYCLING		CYCLING			

Reserva la teva plaça a l'Àrea Client del nostre web.



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BacdeRoda
CENTRE ESPORTIU MUNICIPAL

Piscines

Inici	P	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
08:15	PP/PI	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	
09:00	PP	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	
09:45	PP	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM
10:15	PG	AIGÜES PROFUNDES		AIGÜES PROFUNDES		AIGÜES PROFUNDES	
10:30	PP	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM
11:30	PP	AQUAGIM	AQUAGIM				
14:15	PP	AQUAGIM		AQUAGIM			
15:15	PP		AQUAGIM		AQUAGIM		
18:00	PP	AQUAGIM		AQUAGIM		AQUAGIM	
18:45	PP	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM		
19:30	PP		AQUAGIM		AQUAGIM		

PP: Piscina Petita | PG: Piscina Gran | PI: Piscina Indoor (planta -1)

Outdoor: carrer

Inici	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
10:00		KAMINA & SALUT		KAMINA & SALUT	

Outdoor: zona 2

Inici	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:00	CYCLING	CYCLING		CYCLING	
09:15		CYCLING		CYCLING	CYCLING
09:30	ZUMBA		ZUMBA		
10:30	BODY COMBAT	BODY PUMP	ESTIRAMENTS	BODY PUMP	ZUMBA
11:30	ZUMBA	BODY ATTACK	GIM SUAU	BODY COMBAT	
14:15	CYCLING		CYCLING		
17:15		BODY PUMP		ZUMBA	
18:15		ZUMBA	CYCLING	CYCLING	
19:15	BODY PUMP	CYCLING		CYCLING	

Outdoor: zona Cube

Grup d'activitats dinamitzades per un tècnic esportiu

Inici	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:00		CUBEHIIT		CUBEHIIT	
08:15	CUBEHIIT		CUBEHIIT		CUBEHIIT
14:15	CUBEHIIT	CUBEHIIT	CUBEHIIT	CUBEHIIT	CUBEHIIT
15:15	CUBEHIIT	CUBEHIIT	CUBEHIIT	CUBEHIIT	CUBEHIIT
20:15	CUBEHIIT	CUBEHIIT	CUBEHIIT	CUBEHIIT	CUBEHIIT

