

Programa d'activitats dirigides

Vàlid a partir del 7 de gener

CET 10[®]
Júpiter

CENTRE ESPORTIU MUNICIPAL

Sala 1

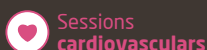
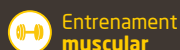
Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
07:15	08:10			BODY PUMP			
08:15	09:10	SOULBODY		ZUMBA			
09:35	10:30	BODY PUMP	ZUMBA	BODY COMBAT	STEP	ZUMBA	BODY PUMP
10:35	11:30	ZUMBA	SOULBODY	BODY PUMP	ZUMBA	BODY PUMP	
11:35	12:30						PILATES
14:15	15:10	BODY COMBAT	BODY PUMP			ZUMBA	
16:10	17:00	ZUMBA	SOULBODY	ZUMBA			
17:00	17:55	SOULBODY		SOULBODY			
18:00	18:55	ZUMBA	BODY PUMP	ZUMBA		ZUMBA	
19:00	19:25	BODY PUMP	BODY COMBAT	BODY PUMP	SOULBODY	SOULBODY	
19:30	19:55					GRIT SERIES	
20:00	20:25	ZUMBA	SOULBODY	BODY COMBAT	BODY PUMP		
20:30	20:55		GRIT SERIES				

Sala 2

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
08:15	09:10		BODY BALANCE			PILATES	
09:35	10:30	EDAT D'OR	POSTURAL	EDAT D'OR	POSTURAL	ESTIRAMENTS	
10:35	11:30	IOGA	PILATES	ESCOLA D'ESQUENA	IOGA		
15:15	16:05	BODY BALANCE					
16:10	17:00				PILATES		
18:00	18:55	BODY BALANCE	GIM SUAU		POSTURAL		
19:00	19:55	POSTURAL	PILATES		PILATES		
20:00	20:55	IOGA	BODY BALANCE	IOGA			

Cycling

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:15	08:00	VIRTUAL	CETCYCLE	VIRTUAL	CYCLING	VIRTUAL		
08:15	09:00	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
09:35	10:20	CETCYCLE	CYCLING	CYCLING	VIRTUAL	CYCLING	VIRTUAL	VIRTUAL
10:35	11:20	CYCLING	VIRTUAL	VIRTUAL	CYCLING	VIRTUAL	CYCLING	VIRTUAL
11:35	12:20	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
12:30	13:15	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
13:15	14:00	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
14:15	15:00	VIRTUAL	VIRTUAL	CYCLING	VIRTUAL	VIRTUAL		
15:15	16:00	VIRTUAL	CYCLING	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	
16:10	16:55	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	
17:00	17:45	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	
18:00	18:45	CETCYCLE	CYCLING		CYCLING	CYCLING	VIRTUAL	
19:00	19:45	CYCLING	CYCLING	CETCYCLE	CYCLING	CYCLING		
20:00	20:45	CYCLING	CYCLING	CYCLING	CETCYCLE	VIRTUAL		
21:00	21:45	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		



Sala R&B






Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
07:15	08:00	R&B					
09:35	10:20		R&B		R&B		
10:35	11:25	R&B					
14:15	15:00		R&B		R&B		
18:00	18:45	R&B		R&B			
19:00	19:45	R&B	R&B	R&B	R&B		
20:00	20:45		R&B		R&B		

Piscina Gran i Petita

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
07:15	08:00	AQUAGIM		AQUAGIM	BOARDFIT	AQUAGIM	
08:25	09:10	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	
09:25	10:10	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	
10:25	11:10	AIGÜES PROFUNDES	AQUAGIM	AIGÜES PROFUNDES	AQUAGIM	BOARDFIT	
11:25	12:10	TERAPÈUTICA	BOARDFIT		TERAPÈUTICA		
12:15	13:00						AQUAGIM
14:15	15:00		AQUAGIM	BOARDFIT	AQUAGIM		
18:00	18:45	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	
19:00	19:45	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM	
21:00	21:45	BOARDFIT		BOARDFIT			

Sala Fitness

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

 Entrenament muscular
  Sessions cardiovasculars
  Piscina gran
  Piscina petita
  Educació postural
  Sessions cycling
  Sessions alta intensitat
  Sessions mixtes

 BODY BALANCE
  BODY PUMP
  BODY COMBAT
  CETUM
  LES MILLS GRIT
  THE R&B
  sb SoulBody
  ZUMBA FITNESS



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.**