

ACTIVITATS DIRIGIDES CEM VERNEDA • A partir de l'1 de setembre 2026

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30		
DILLUNS	PISCINA					AIGUAGIM		AIGUAGIM												AIGUAGIM						AIGUAGIM						
	SALA 1		B. VIRTUAL		STRETCH	FIT MOVE		PILATES		ZUMBA		B. VIRTUAL		XTREME HIIT		T. VIRTUAL		GAC				TONO		TBC		BODY PUMP		COMBAT				
	SALA 2						IOGA																					IOGUILATES				
	FITNESS			COR					HIIT													HIIT										
	THE BOX																							BOXinBOX								
	SALACOOLOUTVIU		COOL			CYCLO VIRTUAL	CYCLO VIRTUAL	CYCLO VIRTUAL			CYCLO VIRTUAL			CYCLO VIRTUAL	CYCLO VIRTUAL	CYCLO VIRTUAL	CYCLO VIRTUAL	CYCLO VIRTUAL			CYCLO VIRTUAL		CYCLO				COOL			CYCLO VIRTUAL		
DIMARTS	PISCINA				AIGUAGIM						AIGUAGIM																					
	SALA 1		TONO		T. VIRTUAL		IOGUILATES		XTREME HIIT		STRETCH		T. VIRTUAL			B. VIRTUAL		BARRE				IOGA		TONO		PILATESTRONG		ZUMBA				
	SALA 2								SOL PELVIÀ																				COR			
	FITNESS			GLU			COR									GLU						GLU							COR			
	THE BOX																															
	SALACOOLOUTVIU		CYCLO VIRTUAL			CYCLO VIRTUAL	CYCLO VIRTUAL	CYCLO VIRTUAL		CYCLO VIRTUAL	CYCLO VIRTUAL		COOL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL				COOL		CYCLO		CYCLO VIRTUAL			
DIMECRES	PISCINA				AIGUAGIM						AIGUAGIM																AIGUAGIM					
	SALA 1		IOGUILATES		B. VIRTUAL		GAC		ZUMBA		TONO		B. VIRTUAL			T. VIRTUAL		TONO				GAC		XTREME HIIT		ZUMBA		TONO				
	SALA 2								STRETCH																							
	FITNESS			COR																			COR									
	THE BOX												BOXinBOX														BOXinBOX					
	SALACOOLOUTVIU		COOL			CYCLO VIRTUAL	CYCLO VIRTUAL			CYCLO VIRTUAL	CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL			CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO		COOL		CYCLO VIRTUAL		CYCLO VIRTUAL		
DJOUS	PISCINA					AIGUAGIM					AIGUAGIM																AIGUAGIM					
	SALA 1		GAC		TONO		BARRE		PILATESTRONG		GYM SUAU		T. VIRTUAL		XTREME HIIT		B. VIRTUAL		STRETCH				PILATESTRONG		COMBAT		BODY PUMP		ZUMBA		T. VIRTUAL	
	SALA 2								SOL PELVIÀ																							
	FITNESS			ESQ																				GLU		ESQ						
	THE BOX						BOXinBOX																									
	SALACOOLOUTVIU			CYCLO VIRTUAL	CYCLO VIRTUAL	CYCLO VIRTUAL	CYCLO VIRTUAL		CYCLO VIRTUAL	CYCLO VIRTUAL			CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO			COOL				
DIV.	PISCINA																										AIGUAGIM					
	SALA 1		XTREME HIIT		GAC	TONO	PILATES		T. VIRTUAL	B. VIRTUAL		B. VIRTUAL		T. VIRTUAL		B. VIRTUAL		B. VIRTUAL		B. VIRTUAL			ZUMBA		B. VIRTUAL		T. VIRTUAL		B. VIRTUAL			
	FITNESS			COR									HIIT										COR			ESQ						
	SALACOOLOUTVIU						CYCLO VIRTUAL	CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO			CYCLO VIRTUAL				COOL		CYCLO VIRTUAL			CYCLO VIRTUAL		
DS.	SALA 1			T. VIRTUAL		T. VIRTUAL		B. VIRTUAL		B. VIRTUAL		T. VIRTUAL		B. VIRTUAL		T. VIRTUAL		B. VIRTUAL		T. VIRTUAL		B. VIRTUAL										
	FITNESS									COR														HIIT								
	SALACOOLOUTVIU			CYCLO VIRTUAL	CYCLO VIRTUAL		CYCLO VIRTUAL		COOL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL							
DG.	SALA 1					T. VIRTUAL		T. VIRTUAL			T. VIRTUAL		B. VIRTUAL		T. VIRTUAL																	
	FITNESS									ESQ																						
	SALACOOLOUTVIU					CYCLO VIRTUAL			COOL			CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL																
		T. VIRTUAL	TRAINING VIRTUAL			B. VIRTUAL	BALANCE VIRTUAL			ESQ	ESQUENA			HIIT	HIIT			COR	CORE			GLU	GLUTIS									

La direcció del centre podrà, quan ho consideri necessari, modificar el número de sessions, els continguts, horaris i l'equip tècnic que les imparteixen.