



| INICI - FINAL | ESPAI | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|--------------------|---------|------------------|-------------------|-------------------|-------------------|------------------|------------------|------------------|
| FRANJA DESPERTADOR | | | | | | | | |
| 7.15 - 8.05 | S 1 | VIRTUAL BIKE III | | | VIRTUAL BIKE III | VIRTUAL BIKE III | | |
| 8.00 - 8.50 | PG | | WET INTERVAL III | | WET INTERVAL III | | | |
| 8.15 - 9.05 | S 1 | | VIRTUAL BIKE III | VIRTUAL BIKE III | | | | |
| 8.30 - 9.20 | S 1 | | | | CICLO INDOOR II | | | |
| 8.30 - 9.20 | S 2 | TONIFICACIÓ I | | CXWORKX II | ZUMBA II | STEP II | | |
| 9.00 - 9.50 | PG | | WET GYM II | | WET GYM II | | | |
| 9.00 - 9.50 | PP | WET COMBO I | | WET GYM I | | | | |
| 9.15 - 10.05 | S 1 | CICLO INDOOR III | CICLO INDOOR II | CICLO INDOOR II | | CICLO INDOOR II | | |
| FRANJA MATÍ | | | | | | | | |
| 9.30 - 10.20 | S 2 | ZUMBA II | GLOBAL PILATES II | TONIFICACIÓ I | GLOBAL PILATES II | BODY SHAPE II | | |
| 9.30 - 10.20 | S 1 | | | | VIRTUAL BIKE III | | CICLO INDOOR III | VIRTUAL BIKE III |
| 10.15 - 11.05 | S 1 | VIRTUAL BIKE III | | | | VIRTUAL BIKE III | | |
| 10.15 - 11.05 | PG | WET GYM II | | WET GYM II | | | | |
| 10.30 - 11.20 | S 2 | GENT GRAN I | ESTIRAMENTS I | GENT GRAN I | | | TONIFICACIÓ I | |
| 10.30 - 11.20 | PP | | WET GYM I | | WET GYM I | | | |
| 10.30 - 11.20 | PG | | | | | WET GYM II | | |
| 10.30 - 11.20 | S 1 | | | VIRTUAL BIKE III | | | VIRTUAL BIKE III | |
| 11.00 - 11.15 | SF | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | | |
| 11.15 - 12.05 | S 1 | | VIRTUAL BIKE III | | | | | VIRTUAL BIKE III |
| 11.30 - 12.20 | S 2 | | GLOBAL PILATES II | | | | ZUMBA II | |
| FRANJA MIGDIA | | | | | | | | |
| 12.30 - 13.20 | S 1 | VIRTUAL BIKE III | | | | | VIRTUAL BIKE III | |
| 14.00 - 14.50 | S 1 | | VIRTUAL BIKE III | CICLO INDOOR II | VIRTUAL BIKE III | VIRTUAL BIKE III | | |
| 14.15 - 15.05 | S 2 | | ESTIRAMENTS I | | CXWORX II | | | |
| 14.15 - 15.05 | S 1 | CICLO INDOOR III | | | | | | |
| 15.15 - 16.05 | S 1 | | | | | CICLO INDOOR III | | |
| 15.15 - 16.05 | S 2 | | STEP II | ZUMBA II | GLOBAL PILATES II | | | |
| 15.15 - 16.05 | PP | WET GYM I | | | | | | |
| 15.30 - 16.20 | S 1 | | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | | | |
| 16.30 - 17.20 | S 1 | VIRTUAL BIKE III | | | | VIRTUAL BIKE III | VIRTUAL BIKE III | |
| 16.30 - 17.20 | S 2 | | GLOBAL PILATES II | | | HARD INDOOR III | | |
| FRANJA TARDA | | | | | | | | |
| 17.30 - 18.20 | S 1 | | | | VIRTUAL BIKE III | | | |
| 17.30 - 18.20 | S 2 | | IBT II | | GLOBAL PILATES II | ZUMBA III | | |
| 18.00 - 18.50 | S 1 | CICLO INDOOR III | | CICLO INDOOR III | | CICLO INDOOR III | VIRTUAL BIKE III | |
| 18.00 - 18.50 | S 2 | | | BODY COMBAT III | | | | |
| 18.30 - 19.20 | S 1 | | CICLO INDOOR III | | CICLO INDOOR III | | | |
| 18.30 - 19.20 | S 2 | | ZUMBA II | | CXWORX II | BODY SHAPE II | | |
| 18.30 - 18.45 | SF | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | | |
| 18.45 - 19.35 | P | | HARD INDOOR III | | | | | |
| 18.45 - 19.35 | PP | | WET GYM I | | WET GYM I | | | |
| 19.00 - 19.50 | S 1 | VIRTUAL BIKE III | | CICLO INDOOR III | | CICLO INDOOR III | | |
| 19.00 - 19.50 | S 2 | BODY COMBAT III | | ZUMBA II | | | | |
| 19.15 - 20.05 | PG | WET GYM II | | | | | | |
| 19.15 - 20.05 | PP | | | WET COMBO I | | | | |
| 19.15 - 20.05 | P | GAC I | | | | | | |
| 19.30 - 20.20 | S 1 | | CICLO INDOOR III | | CICLO INDOOR III | | | |
| 19.30 - 20.20 | S 2 | | BODY SHAPE II | | ZUMBA II | | | |
| FRANJA NIT | | | | | | | | |
| 20.00 - 20.50 | S 1 | CICLO INDOOR II | | | | | | |
| 20.00 - 20.50 | S 2 | ZUMBA III | | GLOBAL PILATES II | | | | |
| 20.30 - 20.45 | SF | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | | |
| 20.30 - 21.20 | S 2 | | | | ESTIRAMENTS I | | | |
| 21.00 - 22.00 | PP / PG | WET RELAX I | WET RELAX I | WET RELAX I | WET RELAX I | WET RELAX I | | |
| 21.00 - 21.50 | S 1 | | | VIRTUAL BIKE III | | | | |
| 21.30 - 22.20 | S 1 | VIRTUAL BIKE III | | | VIRTUAL BIKE III | | | |

S 1 - Sala 1

S 2 - Sala 2

S F - Sala Fitness

PP - Piscina Petita

PG - Piscina Gran

P - Pavelló

CARDIOVASCULAR

TONIFICACIÓ

COS I MENT

AQUÀTIQUES

I - BAIXA INTENSITAT

II - MITJA INTENSITAT

III - ALTA INTENSITAT

La Direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el nombre i l'ordre de les sessions, el contingut, els horaris i els tècnics que les imparteixen.



L'H

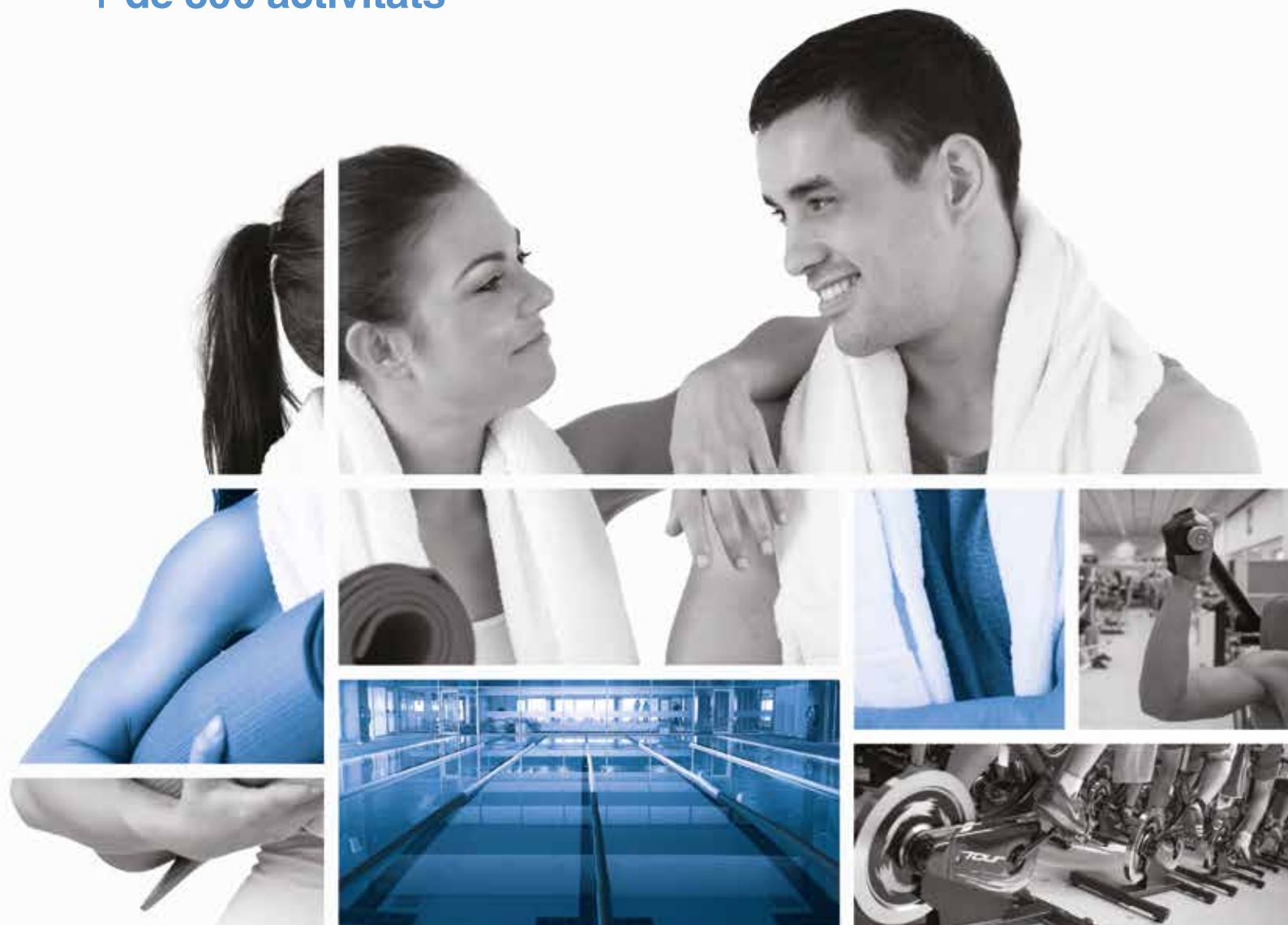
MÉS A PROP TEU!

Benvinguts a...

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*En funció de la disponibilitat i serveis

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Ajuntament de L'Hospitalet