

# HORARI D'ACTIVITATS DIRIGIDES

SETMANA SANTA 2019 DILLUNS 15 A DILLUNS 22 D'ABRIL

## MATÍ

SALA	INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
SALA 1	7:15	8:00	BODYPUMP		à-FIT		
CYCLING	7:15	8:05		à-CYCLING			
FITNESS	8:00	8:15	ABD 15'		ABD 15'		
FITNESS	8:00	8:30		INGRAVITY 30'		INGRAVITY 30'	
SALA 1	9:00	9:55	ESPALDA SANA	à-WELLNESS	ESPALDA SANA	à-WELLNESS	
PISCINA	9:30	10:15		AQUAFITNESS			
SALA 1	10:00	10:55	TBC		à-FIT		
CYCLING	14:30	15:20					à-CYCLING
SALA 1	10:30	11:25		à-DANCE			
SALA 1	11:00	11:55	PILATES		PILATES	ESPALDA SANA	à-FIT
SALA 1	11:30	12:25		STRETCHING			
PISCINA	12:00	12:45	AQUAFITNESS		AQUAFITNESS		
FITNESS	13:45	14:00	ABD 15'	ABD 15'	ABD 15'	ABD 15'	
SALA 1	13:45	14:30	à-FIT	TBC	GAP	BODYCOMBAT	
FITNESS	14:00	14:30	à-WOD 30'	INGRAVITY 30'	à-WOD 30'	INGRAVITY 30'	
FITNESS	14:30	14:45	STRETCH 15'	STRETCH 15'	STRETCH 15'	STRETCH 15'	
SALA 1	14:30	15:25	BODYPUMP	à-DANCE	BODYPUMP	PILATES	
CYCLING	14:30	15:20	à-CYCLING	à-CYCLING		à-CYCLING	
PLUS	14:15	15:10			BOXEO		
PLUS	14:30	15:15		HBX BOXING			
OUTDOOR	14:30	15:25		à-RUNNING			

## TARDA

SALA	INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
FITNESS	15:30	15:45	ABD 15'	ABD 15'	STRETCH 15'	ABD 15'	
SALA 1	17:00	17:55	VINYASA YOGA				
SALA 1	18:00	18:55	BODYPUMP	BODYCOMBAT			
PLUS	18:30	19:25	PILATES				
SALA 1	19:00	19:55	BODYCOMBAT	PILATES	LATINO	à-DANCE	
PLUS	19:00	19:45		NEW HBX BOXING		NEW HBX BOXING	
CYCLING	19:00	19:50	à-CYCLING	à-CYCLING	à-CYCLING	à-CYCLING	
FITNESS	19:15	19:30		ABD 15'		ABD 15'	
PISCINA	19:15	20:00		AQUAFITNESS			
FITNESS	19:30	20:00	INGRAVITY 30'	à-WOD 30'	INGRAVITY 30'	à-WOD 30'	
FITNESS	20:00	20:15	ABD 15'		ABD 15'		
SALA 1	20:00	20:55	ZUMBA	BODYPUMP	BODYCOMBAT	STEP	
PLUS	20:00	20:55		HATHA YOGA			
PISCINA	20:00	20:45	AQUAFITNESS				
PLUS	20:30	21:25	BOXEO			BOXEO	
FITNESS	21:00	21:30	à-WOD 30'	INGRAVITY 30'	à-WOD 30'	INGRAVITY 30'	
FITNESS	21:30	21:45	STRETCH 15'	ABD 15'	STRETCH 15'	ABD 15'	

DILLUNS 22	CYCLING	10:00	10:50	à-CYCLING
	SALA 1	11:00	11:55	à-FIT

DISSABTE	INICI	FINAL	ACTIVITAT	DIUMENGE	INICI	FINAL	ACTIVITAT
CYCLING	10:00	10:50	à-CYCLING	CYCLING	10:00	10:50	à-CYCLING
PLUS	11:00	11:45	NEW HBX BOXING	SALA 1	11:00	11:55	à-FIT
FITNESS	11:30	12:00	NEW INGRAVITY	PISCINA	11:30	13:00	AQUAFAMILY
PISCINA	17:30	19:00	AQUAFAMILY	FITNESS	19:00	19:30	à-WOD NEW
FITNESS	19:00	19:30	NEW à-WOD	FITNESS	19:30	20:00	INGRAVITY 30'
FITNESS	19:30	20:00	INGRAVITY 30'	FITNESS	20:00	20:15	ABD 15'
FITNESS	20:00	20:15	ABD 15'				

**LES MILLS**  
**BODYCOMBAT**

**ZUMBA**  
FITNESS

**LES MILLS**  
**BODYPUMP**

**NEW HBX BOXING**

HORARI: De dilluns a divendres de 7:00 a 22:45, Dissabtes i diumenges de 9:00h a 14:15h i de 17:30h a 21:00h., festius de 9:00h. a 15:00h.

La direcció es reserva el dret de modificar els horaris segons les necessitats del club.

www.clubsaccura.es/bruc · info.bruc@accura.es · 93 208 22 00 · www.facebook.com/AccuraBruc · IG @accura\_bruc

ACTIVITATS COMUNITAT MIND

ACTIVITATS COMUNITAT FITNESS

ACTIVITATS EXPRESS - C. FITNESS-

ACTIVITATS COMUNITAT CYCLING

ACTIVITATS COMUNITAT RUNNING

ACTIVITATS COMUNITAT MOVING

ACTIVITATS COMUNITAT SWIMMING