

HORARI D'ACTIVITATS DIRIGIDES

DES DEL 6 D'ABRIL



SANT BOI
accura
SPORT & WELLNESS

SALA	INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
SALA 2	7:30	8:25	BODYPUMP				
CYCLING	7:30	8:15	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL
CYCLING EXT.	7:30	8:15		à- CYCLING		à- CYCLING	
EXTERIOR	8:30	8:45	ABD 15'	ABD 15'		ABD 15'	
EXTERIOR	8:30	9:00			á-WOD 30'		á-WOD 30'
SALA 2	9:30	10:25					ZUMBA
SALA 3	9:30	10:25	PILATES	ZUMBA			
PISCINA	9:30	10:15		AQUACARDIO		AQUACARDIO	
CYCLING EXT.	9:30	10:15	à- CYCLING		à- CYCLING		à- CYCLING
C. FUTBOL	9:30	10:25			GAP	BODYPUMP	
EXTERIOR	10:00	10:30		GAP 30'		GAP 30'	
CYCLING	10:00	10:45		CYCLING VIRTUAL			
EXTERIOR	10:00	10:15					ABD 15'
SALA 3	10:30	11:25					IOGA HATHA
PISCINA	10:30	11:15	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS
C. FUTBOL	10:30	11:25	BODYPUMP	BODYPUMP	BODYPUMP		GAP
PISC. EXT.	10:30	11:25				PILATES	
EXTERIOR	11:00	11:15					ABD 15'
EXTERIOR	11:00	11:30	ESQUENA SANA 30'	ESQUENA SANA 30'			
CYCLING	14:15	15:00			à- CYCLING	CYCLING VIRTUAL	
CYCLING	15:15	16:00	CYCLING VIRTUAL				CYCLING VIRTUAL
CYCLING EXT.	15:15	16:00			CYCLING VIRTUAL NEW!		
C. FUTBOL	15:15	16:10		à-FIT		BODYPUMP	
SALA 2	17:30	18:25	PILATES				
SALA 3	17:30	18:25	JUMP KIDS				
EXTERIOR	17:30	17:45				ESQUENA SANA 30'	ABD 15'
C. FUTBOL	17:30	18:25					BODYPUMP
OUTDOOR	17:30	18:25			á-FIT KIDS		
OUTDOOR	17:30	18:25					FUTBOL KIDS
SALA 3	18:00	18:50		à-JUMP			GAP
CYCLING EXT.	18:00	18:45		à- CYCLING	à- CYCLING	à- CYCLING	
C. FUTBOL	18:00	18:55				BODYPUMP	
PISC. EXT.	18:00	18:50			IOGA KUNDALINI		
PISCINA	18:30	19:15	AQUAFITNESS	AQUAPILATES	AQUAFITNESS		
CYCLING EXT.	18:30	19:15					à- CYCLING
EXTERIOR	18:30	19:00		ESQUENA SANA 30'			
C. FUTBOL	18:30	19:25	BODYPUMP				
SALA 2	19:00	19:55		BOXA		BOXA	
SALA 3	19:00	19:50				PILATES	
SALA 3	19:00	19:55	IOGA KUNDALINI	ZUMBA	ZUMBA		IOGA HATHA
PISCINA	19:00	19:45				AQUACARDIO	
CYCLING EXT.	19:00	19:45	à- CYCLING	à- CYCLING		à- CYCLING	
EXTERIOR	19:00	19:15		ABD 15'			
EXTERIOR	19:00	19:30	TRX 30'			á-WOD 30'	á-WOD 30'
C. FUTBOL	19:00	19:55			à-FIT		
OUTDOOR	19:00	20:00		à-RUNNING		à-RUNNING	
PISCINA	19:15	20:00					AQUAPILATES NEW!
SALA 2	19:30	20:25	ZUMBA				
CYCLING EXT.	19:30	20:15			à- CYCLING		
PISCINA	19:30	20:15	SUPHIIT				
C. FUTBOL	19:30	20:25				à-FIT NEW!	
SALA 3	20:00	20:55		IOGA HATHA	PILATES		
CYCLING	20:00	20:45				CYCLING VIRTUAL	CYCLING VIRTUAL
EXTERIOR	20:00	20:30	à-WOD 30'	TRX 30'	á-WOD 30'	TRX 30'	á-WOD 30'
P. TENNIS	20:00	20:55	à-TENNIS NEW!			à-TENNIS NEW!	

DISSABTE

C. FUTBOL	10:00	10:50	à-FIT
CYCLING	10:00	10:45	CYCLING VIRTUAL
PISCINA	10:45	11:30	AQUAFITNESS
CYC. EXT	11:00	11:45	à- CYCLING
EXTERIOR	11:00	11:15	ABD 15'
EXTERIOR	11:45	12:15	GAP 30'
C. FUTBOL	12:00	12:55	PILATES
KIDS	10:00	12:30	ESPLAI KIDS

DIUMENGE

CYC. EXT	10:30	11:15	à- CYCLING
PISCINA	11:30	12:15	AQUAFITNESS
CYCLING	12:00	12:45	CYCLING VIRTUAL
C. FUTBOL	12:30	13:25	STRETCHING

HORARI

De dilluns a divendres de 7:15h. a 21:30h.
Dissabtes i diumenges de 8:00h. a 20:30h.
Festius de 8:00h. a 15:00h.

Els espais esportius tancaran
30 minuts abans del tancament
del centre.

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ACTIVITATS COMUNITAT MIND

ACTIVITATS COMUNITAT FITNESS

ACTIVITATS EXPRESS
-COMUNITAT FITNESS-

ACTIVITATS COMUNITAT CYCLING

ACTIVITATS COMUNITAT MOVING

ACTIVITATS COMUNITAT RUNNING

ACTIVITATS COMUNITAT SWIMMING

ACTIVITATS COMUNITAT TENNIS

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