

H INICI	H FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
8:15	9:00	AQUAGYM (Mari Carmen)		AQUAGYM (Mari Carmen)			
9:15	10:00	AQUAGYM (Mari Carmen)		AQUAGYM (Mari Carmen)	CARDIO TONO (sala 2)	AQUAGYM (Laura)	
10:15	11:00	ESQUENA SANA (Mari Carmen)	GAC (sala 2)	ENTRENAMENT FUNCIONAL (Mari Carmen)	PILATES (sala 2)	IOGA (sala 2)	
17:30	18:00	TRX (sala 2)	CIRCUIT TRAINING (sala 1)	CORE (sala 2)	CIRCUIT TRAINING (sala 1)		
18:15	19:00	ENTRENAMENT FUNCIONAL (sala 2)	CARDIO TONO (sala 2)	CIRCUIT TRX (sala 2)	ESQUENA SANA (sala 2)		
18:45	19:15					TRX (sala 2)	
19:00	19:45		FIT PUMP (sala 2)		FIT PUMP (sala 2)		
19:15	20:00	PILATES (sala 2)		PILATES HIPOPRESSIUS (sala 2)		GAC (sala 2)	
20:00	20:45		AQUAGYM (Mari Carmen)		AQUAGYM (Aitor)		
20:15	21:00	CYCLING (sala 1)		CYCLING (sala 1)	CYCLING INTENSIU 30' (sala 1)		

PISCINA MUNICIPAL LLUCMAJOR
GRAELLA ACTIVITATS DIRIGIDES
DE L'1 D'OCTUBRE AL 30 DE JUNY 2024