

INICI	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE	DIUMENGE
7,00	CYCLING Olga	Sala Cycling	B.PUMP Olga	Les Mills	CYCLING Olga	Sala Cycling	PILATES Isabel	Les Mills	STRIDING Isabel	Sala Fitness		
8,00	A.TONO Marc A	Piscina Petita			A.GYM Marc R	Piscina Petita			A.GYM Marc R	Piscina Petita		
	STRIDING Isabel	Sala Fitness	PILATES Isabel	Les Mills	POSTURAL Isabel	Sala Sub	CYCLING Isabel	Sala Cycling	GAC Olga	Les Mills		
8,45	AAPP Marc A	Piscina Gran	AAPP M.Alba	Piscina Gran	AAPP Marc R	Piscina Gran	AAPP M.Alba	Piscina Gran	AAPP Marc R	Piscina Gran		
9,15	CYCLING Olga	Sala Cycling	F.TRAINING Isabel	Sala Poli	B.PUMP Olga	Les Mills	F.TRAINING Isabel	Sala Poli	PILATES Carme	Les Mills	CYCLING	
			BALANCE Carme	Les Mills			B.COMBAT Raúl	Les Mills	CYCLING Olga	Sala Cycling		
9,30	A.PILATES Carme	Piscina Petita										
10,15	B.PUMP Olga	Les Mills	CYCLING Olga	Sala Cycling	STRIDING Olga	Sala Fitness	PILATES Isabel	Sala Poli	ZUMBA Esther	Les Mills	B.PUMP	STRIDING
			POSTURAL Carme	Les Mills	PILATES Isabel	Les Mills	B.PUMP Raúl	Les Mills	BALANCE Carme	Sala Poli		
11,00			A.FORMA M.Alba	Piscina Petita	ABDOMINALS Olga	Sala Fitness	A.FORMA M.Alba	Piscina Petita				
11,15	PILATES Isabel	Les Mills	E.FORMA Carme	Les Mills			E.FORMA Olga	Les Mills				POSTURAL
			STRIDING Isabel	Sala Fitness								
12,00	ABDOMINALS Olga	Sala Fitness							ABDOMINALS Isabel	Sala Fitness		
13,15	STRIDING Olga	Sala Fitness	CYCLING Olga	Sala Cycling	PILATES Isabel	Les Mills	CYCLING Olga	Sala Cycling	PILATES Isabel	Les Mills		
14,15			B.PUMP Ricard	Les Mills								
15,15	ZUMBA Esther	Les Mills	GAC Ricard	Les Mills	B.COMBAT Carme	Les Mills	CYCLING Ricard	Sala Cycling	B.PUMP Raúl	Les Mills		
			A.GYM Joan	Piscina Petita	A.SALUT 45' Joan	Piscina Petita	A.GYM Joan	Piscina Petita	A.TONO Joan	Piscina Petita		
16,00	A.TONO 45' Joan	Piscina Petita										
16,15	B.PUMP Esther	Les Mills			PILATES Carme	Les Mills	B.PUMP Ricard	Les Mills	CYCLING Raúl	Sala Cycling		
17,15	PILATES Carme	Sala Poli			GAC Raúl	Les Mills	HIPOPRESSIUS Max	Les Mills	POSTURAL Carme	Les Mills	STRIDING Sala Fitness TONI	
	ZUMBA Esther	Les Mills										
18,00					STRIDING Toni	Sala Fitness			STRIDING Toni	Sala Fitness		
18,15	E.FUNCIONAL Ricard	Les Mills	PILATES Max	Les Mills	SHABAM Carme	Les Mills	B.PUMP Raúl	Les Mills				
	JUMPING Max	Sala Poli	CYCLING Raúl	Sala Cycling	JUMPING Esther	Sala Poli						
	ABDOMINALS Toni	Sala Fitness					PILATES Max	Sala Poli				
19,15	TONO/STEP Max	Sala Poli	B.PUMP Max	Les Mills	B.COMBAT Raúl	Les Mills	BALANCE Carme	Sala Poli	CYCLING Ricard	Sala Cycling		
	B.COMBAT Carme	Les Mills	CYCLING Ricard	Sala Cycling	CYCLING Max	Sala Cycling	B.COMBAT Max	Les Mills				
			STRIDING Carme	Sala Fitness	STRETCHING Toni	Sala Fitness	STRETCHING Toni	Sala Fitness				
			ABDOMINALS Toni	Sala Fitness								
19,30		A. CROSS Marc R	Piscina Petita			A. CROSS Marc R	Piscina Gran					
20,15	CYCLING Olga	Sala Cycling	B.COMBAT Raúl	Les Mills	B.PUMP Carme	Les Mills	CYCLING Max	Sala Cycling	B.PUMP Ricard	Les Mills		
	B.PUMP Carme	Les Mills	BALANCE Carme	Sala Poli	JUMPING Esther	Sala Poli	PILATES Carme	Les Mills				
	STRETCHING Max	Sala Fitness	ABDOMINALS Toni	Sala Fitness			ABDOMINALS Toni	Sala Fitness				
21,10	ZUMBA Esther	Les Mills	CYCLING Max	Sala Cycling								

SIGE SPORT CASTELLAR- Activitats Específiques

IOGA 55'

INICI	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES
10,30			IOGA Rosa M	Sala Sub			IOGA Rosa M	Sala Sub	
18,10			IOGA Rosa M	Sala Sub			IOGA Rosa M	Sala Sub	
19,10					IOGA Rosa M	Sala Sub			
20,00	IOGA Rosa M	Sala Sub							
20,15					IOGA Rosa M	Sala Cross			
21,00	IOGA Rosa M	Sala Sub							

BOXA / KICK BOXING 55'

INICI	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES
19,00	KICK BOXING Raúl	Sala Sub							
19,15			BOXA Raúl	Sala Sub			BOXA Raúl	Sala Sub	
20,15					KICK BOXING Raúl	Sala Sub			

CROSSTRaining 45'

INICI	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES
20,00			CROSSTRaining Ricard	Sala Cross			CROSSTRaining Ricard	Sala Cross	

MOU-TE /FIT JOVE de 5 a 16 anys 45'

INICI	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES
17,30			FIT KIDS	Carne S. Poli			JUMPING	Carne S. Poli	
18,00	KICK BOXING	Raúl S.Sub							
18,15	A. DIVER	Esther Piscina	DANCE/ZUMBA	Carne S.Poli	KICK BOXING	Raúl S.Sub	AQUAFIT	Carne Piscina	
19,00	ACROBÀCIA	Esther S.Cross			ACROBÀCIA	Esther S.Cross			



☎ **937 142 811**
atclient.sige@gmail.com

C/ País Valencià 1.
Castellar del Vallès, Catalunya, Spain

📘 facebook.com/sigesport.puigverd.7/

www.sigesportcastellar.com

