

HORARIS activitats dirigides / A partir del 4 d'octubre /

	dilluns	dimarts	dimecres	dijous	divendres	dissabte	diumenge
7.00	CYCLING CYCLING / OLGA	B.PUMP LES MILLS / OLGA	CYCLING CYCLING / OLGA	PILATES 2 POLI / ISABEL	STRIDING FITNESS / ISABEL		
				TONO VIRTUAL	HBX POLI / OLGA		
8.00	STRIDING FITNESS / ISABEL	PILATES 2 LES MILLS / ISABEL	POSTURAL SUB / ISABEL	CYCLING CYCLING / VÍCTOR	E.FUNCIONAL POLI / OLGA		
	AQUATONO P.PETITA		AQUAGYM P.PETITA / M.ALBA		AQUAGYM P.PETITA / M.ALBA		
8.45	AAPP P.GRAN	AAPP P.GRAN / M.ALBA	AAPP P.GRAN / M.ALBA	AAPP P.GRAN / M.ALBA	AAPP P.GRAN / M.ALBA		
9.15	CYCLING CYCLING / OLGA	F.TRAINING LES MILLS / ISABEL	B.PUMP LES MILLS / OLGA	B.COMBAT LES MILLS / ROGER	CYCLING CYCLING / OLGA	CYCLING CYCLING	
		B.BALANCE POLI / CARME	CYCLING VIRTUAL	F.TRAINING POLI / ISABEL	PILATES 1 LES MILLS / CARME		
9.30	AQUAPILATES P.PETITA / CARME						
10.00					ZUMBA LES MILLS / IWÁN		
10.15	B.PUMP LES MILLS / OLGA	CYCLING CYCLING / OLGA	COMBO LES MILLS / ISABEL	PILATES 1 POLI / ISABEL	B.BALANCE POLI / CARME	B.PUMP LES MILLS	STRIDING FITNESS
		POSTURAL LES MILLS / CARME	STRIDING FITNESS / OLGA	B.PUMP LES MILLS / ROGER		CYCLING VIRTUAL	CYCLING VIRTUAL
10.30		IOGA 1 SUB / ROSA		IOGA 2 SUB / ROSA			
11.00		AQUAFORMA P.PETITA / M.ALBA		AQUAFORMA P.PETITA / M.ALBA			
11.15	PILATES 1 POLI / ISABEL	STRIDING FITNESS / ISABEL	PILATES FITBALL LES MILLS / ISABEL	DANCE LES MILLS / OLGA		URBAN DANCE LES MILLS / IWÁN	POSTURAL LES MILLS
			ABDOMINALS FITNESS / OLGA	CORE VIRTUAL			CYCLING VIRTUAL
12.15	ABDOMINALS FITNESS / OLGA		CYCLING VIRTUAL		ABDOMINALS FITNESS / ISABEL		
13.15	TONO VIRTUAL	CYCLING CYCLING / OLGA		CYCLING CYCLING / OLGA	PILATES ROLLER LES MILLS / ISABEL		
14.15	CYCLING VIRTUAL	PILATES VIRTUAL	CORE VIRTUAL	PILATES VIRTUAL	CYCLING VIRTUAL		
15.15	ZUMBA LES MILLS / ALEXIS	E.FUNCIONAL LES MILLS / RICARD	CARDIOBOX VIRTUAL	CYCLING CYCLING / RICARD	B.PUMP LES MILLS / MAX		
15.30	AQUATONO P.PETITA / MARC R.	AQUAGYM P.PETITA / MARC R.	AQUASALUT P.PETITA / MARC A.	AQUAGYM P.PETITA / MARC R.	AQUATONO P.PETITA / MARC R.		
16.00	B.PUMP LES MILLS / ALEXIS			B.PUMP LES MILLS / RICARD	CYCLING CYCLING / MAX		
17.00	PILATES ROLLER POLI / CARME	B.PUMP LES MILLS / RICARD	E.FUNCIONAL POLI / RICARD			STRIDING FITNESS / TONI	
17.45		IOGA SUB / ROSA		IOGA SUB / ROSA			
18.00	ABDOMINALS FITNESS / TONI	CYCLING CYCLING / RICARD	STRIDING FITNESS / TONI	PILATES 1 POLI / MAX	STRIDING FITNESS / TONI	CYCLING VIRTUAL	
	JUMPING POLI / MAX	PILATES FITBALL LES MILLS / MAX	SHABAM LES MILLS / CARME	B.PUMP LES MILLS / RAÚL	HBX POLI / CARME		
	B.PUMP LES MILLS / RICARD	HBX POLI / RAÚL	JUMPING POLI / ALEXIS				
	CYCLING VIRTUAL						
18.45	KICK BOXING SUB / RAÚL						
19.00	HBX POLI / CARME	B.PUMP LES MILLS / MAX	IOGA VINYASA SUB / ROSA	B.COMBAT LES MILLS / MAX	CYCLING CYCLING / RICARD		
	TONO STEP LES MILLS / MAX	CYCLING CYCLING / MARC R.	B.COMBAT LES MILLS / RAÚL	B.BALANCE POLI / CARME			
		BOXA SUB / RAÚL	CYCLING CYCLING / VÍCTOR	ESTIRAMENTS FITNESS / TONI			
		ABDOMINALS FITNESS / TONI	GAC POLI / CARME	BOXA SUB / RAÚL			
			ESTIRAMENTS FITNESS / TONI				
19.15		CROSSTRaining POLI / RICARD					
19.30		AQUACROSS P.PETITA / ISAAC		AQUACROSS P.PETITA / MARC R.			
20.00	IOGA 2 SUB / ROSA	B.COMBAT LES MILLS / RAÚL	ZUMBA POLI / ALEXIS	CYCLING CYCLING / MAX	B.PUMP LES MILLS / RICARD		
	CYCLING CYCLING / MAX	B.BALANCE POLI / CARME	B.PUMP LES MILLS / CARME	ABDOMINALS FITNESS / TONI			
	B.PUMP LES MILLS / CARME	ABDOMINALS FITNESS / TONI	KICK BOXING SUB / RAÚL	BALLET-FIT LES MILLS / CARME			
	E.FUNCIONAL POLI / VÍCTOR						
21.00		CYCLING VIRTUAL		CYCLING VIRTUAL			



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SIGE SPORT CASTELLAR es reserva el dret de modificar, treure i/o afegir classes.

Durada activitats 45'
 Abdominals i estiraments 15'
 Activitats temàtiques ▲

cardio	aquàtiques
força	a.marcials
cos i ment	estiraments
virtual	