

HORARIS activitats dirigides / 2023



	dilluns	dimarts	dimecres	dijous	divendres	dissabte	diumenge
7.00	CYCLING CYCLING / OLGA	BODYPUMP LESMILLS / OLGA	CYCLING CYCLING / OLGA	PILATES POLI / ISABEL	STRIDING CYCLING / ISABEL		
					HBX POLI / OLGA		
8.00	STRIDING CYCLING / ISABEL	PILATES POLI / ISABEL	POSTURAL SUB / ISABEL	CYCLING CYCLING / OLGA	GAC POLI / OLGA		
	AQUATONO P.PETITA / IURA	AQUAGYM P.PETITA / M.ALBA	AQUAGYM P.PETITA / M.ALBA		AQUAGYM P.PETITA / M.ALBA		
8.45	AAPP P.GRAN / IURA	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	GAC POLI / ISABEL	BODYPUMP LESMILLS / OLGA	BODYCOMBAT LESMILLS / CARME	CYCLING CYCLING / OLGA	CYCLING CYCLING	CYCLING VIRTUAL CYCLING
		BODYBALANCE LESMILLS / CARME	PILATES POLI / ISABEL		LES MILLS CORE LESMILLS / CARME		
				COMBO POLI / ISABEL			
9.30	AQUAPILATES P.PETITA / CARME						
10.00					ZUMBA LESMILLS / IVAN		
10.15	BODYPUMP LESMILLS / OLGA	HBX POLI / OLGA	LES MILLS CORE LESMILLS / IVAN	CYCLING CYCLING / OLGA	BODYBALANCE POLI / CARME	BODYPUMP LESMILLS	STRIDING CYCLING
		PILATES LESMILLS / CARME	STRIDING CYCLING / OLGA	PILATES POLI / ISABEL		CYCLING VIRTUAL CYCLING	
10.30		IOGA SUB / MERITXELL					
11.00		AQUAFORMA P.PETITA / M.ALBA		AQUAFORMA P.PETITA / M.ALBA			
11.15	PILATES LESMILLS / ISABEL	STRIDING CYCLING / ISABEL	ZUMBA LESMILLS / IVAN	FIT SALUT POLI / ISABEL			POSTURAL LESMILLS
			PILATES FITBALL POLI / ISABEL				
11.30		IOGA SUB / MERITXELL					
12.15	ABDOMINALS FITNESS / OLGA	ESTIRAMENTS FITNESS / ISABEL	CYCLING VIRTUAL CYCLING		ABDOMINALS FITNESS / ISABEL		
13.15	PILATES POLI / ISABEL	CYCLING CYCLING / OLGA		CYCLING CYCLING / OLGA	PILATES POLI / ISABEL		
14.15	CYCLING VIRTUAL CYCLING				CYCLING VIRTUAL CYCLING		
15.15	ZUMBA LESMILLS / ALEXIS	FUNCIONAL LESMILLS / RICARD	ZUMBA LESMILLS / ALEXIS	CYCLING CYCLING / RICARD	HBX POLI / MAX		
15.30	AQUATONO P.PETITA / MARC R	AQUAGYM P.PETITA / IVAN	AQUASALUT P.PETITA / NURIA	AQUAGYM P.PETITA / IVAN	AQUATONO P.PETITA / MARC R		
16.10	BODYPUMP LESMILLS / ALEXIS	CYCLING VIRTUAL CYCLING	LES MILLS CORE 30' POLI / ALEXIS	FUNCIONAL LESMILLS / RICARD	GAC POLI / MAX		
17.00	LES MILLS CORE 30' LES MILLS ALEXIS						
17.10	PILATES ROLLER POLI / CARME	BODYPUMP LESMILLS / RICARD	FUNCIONAL POLI / RICARD	ZUMBA LESMILLS / IVAN	LES MILLS CORE 30' POLI / CARME	STRIDING CYCLING / TONI	
	JUMPING TONO POLI / MAX	CYCLING CYCLING / RICARD	STRIDING CYCLING / TONI	PILATES POLI / MAX	STRIDING CYCLING / TONI	CYCLING VIRTUAL CYCLING	
18.00	BODYPUMP LESMILLS / RICARD	PILATES FITBALL LESMILLS / MAX	SH'BAM LESMILLS / CARME	BODYPUMP LESMILLS / RAUL	HBX POLI / CARME		
	STRIDING CYCLING / TONI	HBX POLI / RAUL	BODYBALANCE POLI / ALEXIS				
19.00	HBX POLI / CARME	BODYPUMP LESMILLS / MAX	BODYCOMBAT LESMILLS / RAUL	BODYCOMBAT LESMILLS / MAX	CYCLING CYCLING / RICARD		
	TONO STEP LESMILLS / MAX	FUNCIONAL POLI / RICARD	CYCLING CYCLING / OLGA	LES MILLS CORE POLI / CARME			
	ABDOMINALS FITNESS / TONI	CYCLING CYCLING / MARC R	GAC POLI / CARME	ESTIRAMENTS FITNESS / TONI			
	KICK BOXING SUB / RAUL	BOXA SUB / RAUL	ESTIRAMENTS FITNESS / TONI	BOXA SUB / RAUL			
19.30		ABDOMINALS FITNESS / TONI					
		AQUACROSS P.PETITA / ISAAC		AQUACROSS P.PETITA / MARC R.			
20.00	CYCLING CYCLING / MAX	BODYCOMBAT LESMILLS / RAUL	ZUMBA POLI / ALEXIS	CYCLING CYCLING / MAX			
	BODYPUMP LESMILLS / CARME	BODYBALANCE POLI / CARME	BODYPUMP LESMILLS / CARME	ABDOMINALS FITNESS / TONI	BODYPUMP LESMILLS / RICARD		
		ABDOMINALS FITNESS / TONI	KICK BOXING SUB / RAUL				
20.15	IOGA SUB / MERITXELL		IOGA VIRTUAL/ MERITXELL				
21.00		CYCLING VIRTUAL CYCLING		CYCLING VIRTUAL CYCLING			

93 714 28 11
recepicio@sigesportcastellar.com
www.sigesport.es/castellar
c/País Valencià, 1 Castellar del Vallès

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

VIRTUAL	FORÇA
CARDIO	COS I MENT
AQUÀTIQUES	ARTS MARCIALS
ESTIRAMENTS	LES MILLS CORE

Durada activitats 45'
Abdominals i estiraments 15'
Activitats temàtiques

Heu de fer reserva previa obligatoria per venir a les activitats tant a fitness com a piscina
Heu de portar aigua per hidratar-vos, calçat adequat per cadescuna de les activitat i una tovallola per la suor
Amb els 14 anys fets pots accedir a: Zumba - Sh'bam - Pilates - Jumping - Bodybalance
Espais garantits amb protocols d'higiene i seguretat.

