

HORARIS activitats dirigides / SETMANA SANTA 2023



	dilluns	dimarts	dimecres	dijous	divendres	dissabte	diumenge
7.00	CYCLING CYCLING / OLGA	BODYPUMP LESMILLS / OLGA	CYCLING VIRTUAL CYCLING	PILATES POLI / CARMÉ			
8.00	CYCLING VIRTUAL CYCLING AQUATONO P.PETITA / CRISTINA	ESTIRAMENTS FITNESS / OLGA AQUAGYM P.PETITA / M.ALBA CYCLING VIRTUAL CYCLING	STRIDING CYCLING / OLGA AQUAGYM P.PETITA / M.ALBA	CYCLING CYCLING / OLGA			
8.45	AAPP P.GRAN / CRISTINA	AAPP P.GRAN / M.ALBA	AAPP P.GRAN / M.ALBA	AAPP P.GRAN / M.ALBA			
9.15	CYCLING CYCLING / OLGA	BODYBALANCE LESMILLS / CARMÉ	BODYPUMP LESMILLS / OLGA	BODYCOMBAT LESMILLS / CARMÉ ABDOMINALS FITNESS / OLGA		CYCLING VIRTUAL CYCLING	CYCLING VIRTUAL CYCLING
10.15	BODYPUMP LESMILLS / CARMÉ	HBX POLI / OLGA	LES MILLS CORE LESMILLS / IVAN	CYCLING CYCLING / OLGA		CYCLING VIRTUAL CYCLING	
11.00		AQUAFORMA P.PETITA / M.ALBA		AQUAFORMA P.PETITA / M.ALBA			
11.15	PILATES LESMILLS / CARMÉ	PILATES LESMILLS / CARMÉ	ZUMBA LESMILLS / IVAN	PILATES LESMILLS / CARMÉ			
12.15	ABDOMINALS FITNESS / OLGA	ESTIRAMENTS FITNESS / OLGA	CYCLING VIRTUAL CYCLING	ABDOMINALS FITNESS / OLGA			
13.15	PILATES EXPRESS FITNESS / OLGA	CYCLING CYCLING / MARC R		CYCLING VIRTUAL CYCLING ESTIRAMENTS FITNESS / OLGA			
14.15	CYCLING VIRTUAL CYCLING						
15.15	ZUMBA LESMILLS / IVAN	FUNCIONAL LESMILLS / RICARD	CYCLING VIRTUAL CYCLING	CYCLING CYCLING / RICARD			
15.30	AQUATONO P.PETITA / MARC R	AQUAGYM P.PETITA / IVAN	AQUASALUT P.PETITA / IVAN	AQUAGYM P.PETITA / IVAN			
16.10	ABDOMINALS FITNESS / IKER CYCLING VIRTUAL CYCLING	FUNCIONAL EXPRESS FITNESS / TONI CYCLING VIRTUAL CYCLING	ABDOMINALS FITNESS / RICARD CYCLING VIRTUAL CYCLING	FUNCIONAL LESMILLS / RICARD			
17.10	PILATES LESMILLS / CARMÉ	BODYPUMP LESMILLS / RICARD	FUNCIONAL POLI / RICARD	ABDOMINALS FITNESS / IKER			
18.00	ABDOMINALS FITNESS / IKER STRIDING CYCLING / TONI BODYPUMP LESMILLS / CARMÉ	CYCLING CYCLING / RICARD HBX POLI / RAÚL	STRIDING CYCLING / TONI ZUMBA LESMILLS / IVAN ABDOMINALS FITNESS / IKER	PILATES POLI / CARMÉ BODYPUMP LESMILLS / RAÚL CYCLING VIRTUAL CYCLING		CYCLING VIRTUAL CYCLING	
19.00	HBX POLI / CARMÉ GAC LESMILLS / TONI	FUNCIONAL POLI / RICARD ABDOMINALS FITNESS / TONI	BODYCOMBAT LESMILLS / RAÚL CYCLING CYCLING / OLGA ESTIRAMENTS FITNESS / TONI	GAC LESMILLS / CARMÉ ESTIRAMENTS FITNESS / IKER			
19.30	KICK BOXING SUB / RAÚL	BOXA SUB / RAÚL AQUACROSS P.PETITA / ISAAC		BOXA SUB / RAÚL AQUACROSS P.PETITA / ESTER			
20.00	BODYPUMP LESMILLS / RAÚL CYCLING VIRTUAL CYCLING ABDOMINALS FITNESS / TONI	BODYCOMBAT LESMILLS / RAÚL BODYBALANCE POLI / CARMÉ ABDOMINALS FITNESS / TONI	KICK BOXING SUB / RAÚL BODYPUMP LESMILLS / CARMÉ CYCLING VIRTUAL CYCLING	ABDOMINALS FITNESS / RAÚL CYCLING VIRTUAL CYCLING			
21.00		CYCLING VIRTUAL CYCLING		CYCLING VIRTUAL CYCLING			

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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.

