

# HORARIS DE LES SESSIONS - DiR EIXAMPLE

## A partir del 22 de juny 2020

DiR

### SALA 1 - ACTIVITATS DIRIGIDES

Inici	Final	Dilluns	Dimarts	Dimecres	Dijous	Divendres
9:15	10:05	<b>Zumba</b> Virtual	<b>Cul10</b> Jordi	<b>D.Move</b> Virtual	<b>Body Pump</b> Jordi	<b>Pilates</b> Virtual
10:15	11:05	<b>Body Pump</b> Virtual	<b>Tonifica't</b> Jordi	<b>Cul10</b> Virtual	<b>Zumba</b> Jordi	<b>Tonifica't</b> Virtual
11:15	12:05	<b>D.Move</b> Virtual	<b>Cuida't Total</b> Jordi	<b>Pilates</b> Virtual	<b>Cuida't Tonifica't</b> Jordi	<b>Zumba</b> Virtual
12:15	13:05	<b>Pilates</b> Virtual	<b>Aprima't</b> Jordi	<b>Zumba</b> Virtual	<b>Cul10/Abd</b> Jordi	<b>Body Pump</b> Rafa
13:15	14:05	<b>Tonifica't</b> Virtual	<b>Body Pump</b> Rafa	<b>Cul10/ Abdominals</b> Virtual	<b>Zumba</b> Rafa	<b>D.Move</b> Virtual
14:15	15:05	<b>Zumba</b> Rafa	<b>Cul10/Abd</b> Rafa	<b>Aprima't</b> Jordi	<b>Body Pump</b> Rafa	<b>Pilates Intens</b> Rafa
15:15	16:05	<b>Body Pump</b> Rafa	<b>Ioga</b> Antonia	<b>Cul10/Abd</b> Jordi	<b>Tonifica't</b> Rafa	<b>Zumba</b> Rafa
16:15	17:05	<b>Pilates</b> Virtual	<b>Cul10/ Abdominals</b> Virtual	<b>Tonifica't</b> Jordi	<b>Zumba</b> Virtual	<b>Body Pump</b> Rafa
17:45	18:35	<b>Tonifica't</b> Dani	<b>Aprima't</b> Jean	<b>Ioga</b> Antonia	<b>Body Pump</b> Jean	<b>Cul10/Abd</b> Dani
18:45	19:35	<b>Step</b> Dani	<b>Body Pump</b> Jean	<b>Aprima't</b> Dani	<b>Zumba</b> Jean	<b>Pilates</b> Dani
19:45	20:35	<b>Pilates</b> Dani	<b>Zumba</b> Jean	<b>Body Pump</b> Dani	<b>Cul10/Abd</b> Jean	<b>Tonifica't</b> Virtual

Inici	Final	Dissabte	Diumenge
10:30	11:20	<b>Pilates</b>	
11:30	12:20	<b>Body Pump</b>	
12:30	13:20	<b>Aprima't</b>	