

HORARIS DE LES SESSIONS - DIR SEVEN

A partir del 22 de març



SALA 1 · ACTIVITATS DIRIGIDES

Inici	Final	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:15	8:05	Tonifica't Virtual	Zumba Virtual	Body Pump Virtual	Mobility Virtual	D.Move Virtual
8:15	9:05	Cul10 Virtual	Body Pump	Pilates Virtual	Cul10/Abd	Tonifica't Virtual
9:15	10:05	Zumba Virtual	Cul10	D.Move Virtual	Body Pump	Pilates Virtual
10:15	11:05	Body Pump Virtual	Tonifica't	Pilates	Zumba	Tonifica't Virtual
11:15	12:05	D.Move Virtual	Cuida't Total	Cuida't Estiraments	Cuida't Tonifica't	Zumba Virtual
12:15	13:05	Mobility Virtual	D.Move Virtual	Cul10/Abd	Tonifica't Virtual	Body Pump
13:15	14:05	Tonifica't Virtual	Body Pump	Cul10/Abd Virtual	Zumba	Ioga
14:15	15:05	Zumba	Cul10/Abd	Aprima't	Body Pump	Zumba
15:15	16:05	Body Pump	Ioga	Cul10/Abd	Tonifica't	Aprima't
16:15	17:05	Pilates Virtual	Cul10/Abd Virtual	Pilates	Zumba Virtual	Body Pump
17:45	18:35	Tonifica't	Aprima't	Ioga	Body Pump	Cul10/Abd
18:45	19:35	Step	Body Pump	Aprima't	Zumba	Pilates
19:45	20:35	Pilates	Zumba	Body Pump	Cul10/Abd	Tonifica't Virtual

Inici	Final	Dissabte	Diumenge
10:30	11:20	Pilates	Zumba Virtual
11:30	12:20	Body Pump	Body Pump Virtual
12:30	13:20	Aprima't	Cul10/Abd Virtual

SALA 2 SPINDiR

Inici	Final	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:30	8:15	STREAMING	STREAMING	STREAMING	STREAMING	SpinDIR Virtual
8:30	9:15	SpinDIR Virtual	STREAMING	SpinDIR Virtual	STREAMING	SpinDIR Virtual
9:30	10:15	SpinDIR	STREAMING	SpinDIR	STREAMING	STREAMING
10:30	11:15	STREAMING	SpinDIR Virtual	STREAMING	SpinDIR Virtual	STREAMING
11:30	12:15	SpinDIR Virtual	SpinDIR Virtual	SpinDIR Virtual	SpinDIR Virtual	SpinDIR Virtual
12:30	13:15	SpinDIR Virtual	SpinDIR Virtual	SpinDIR Virtual	SpinDIR Virtual	SpinDIR Virtual
13:30	14:15	SpinDIR	STREAMING	STREAMING	SpinDIR	
14:30	15:15	SpinDIR	SpinDIR		SpinDIR	
14:30	15:15			STREAMING		STREAMING
15:30	16:15	SpinDIR Virtual	SpinDIR Virtual	SpinDIR Virtual	SpinDIR Virtual	SpinDIR Virtual
16:30	17:15		SpinDIR Virtual		SpinDIR Virtual	SpinDIR Virtual
17:00	17:45	STREAMING	SpinDIR Virtual	STREAMING	SpinDIR Virtual	SpinDIR Virtual
18:00	18:45					STREAMING
18:00	18:45	SpinDIR	SpinDIR	SpinDIR		SpinDIR Virtual
19:00	19:45					STREAMING
19:00	19:45	SpinDIR	SpinDIR	SpinDIR	SpinDIR	SpinDIR Virtual
20:30	21:15	SpinDIR Virtual	SpinDIR Virtual	SpinDIR Virtual	SpinDIR Virtual	

Inici	Final	Dissabte	Diumenge
10:30	11:20	STREAMING	STREAMING
11:30	12:20	STREAMING	STREAMING
12:30	13:20	STREAMING	STREAMING

BOOTCAMP

Inici	Final	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:15	8:00	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual
8:15	9:00	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual
13:15	14:00	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual
14:15	15:00	FULL BODY	FULL BODY	FULL BODY	Bootcamp Virtual	Bootcamp Virtual
15:15	16:00	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual
17:00	17:45	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual
18:00	18:45	Bootcamp Virtual	FULL BODY	Bootcamp Virtual	FULL BODY	Bootcamp Virtual
19:00	19:45	Bootcamp Virtual	Bootcamp Virtual	FULL BODY	Bootcamp Virtual	Bootcamp Virtual
20:00	20:45	FULL BODY	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual

Inici	Final	Dissabte	Diumenge
10:30	11:20	Bootcamp Virtual	Bootcamp Virtual
11:30	12:20	Bootcamp Virtual	Bootcamp Virtual
12:30	13:20	Bootcamp Virtual	Bootcamp Virtual

