

ACTIVITATS DIRIGIDES CIES 2022

| | | DILLUNS | | DIMARTS | | DIMECRES | | DIJOUS | | DIVENDRES | | DISSABTE | | | |
|----|---------------|--------------------------|-----------------|--------------------------|-----------------|--------------------------|-----------------|--------------------------|-----------------|----------------|-----------------|----------|--------|---------------|----|
| | | Sala 1 | Sala 2 | Sala 1 | Sala 2 | Sala 1 | Sala 2 | Sala 1 | Sala 2 | Sala 1 | Sala 2 | Sala 1 | Sala 2 | | |
| 7 | 07,00 - 07,15 | | | | | | | | | | | | | 07,00 - 07,15 | 7 |
| | 07,15 - 07,30 | | | | | | | | | | | | | 07,15 - 07,30 | |
| 8 | 07,30 - 07,45 | | | | | | | | | | | | | 07,30 - 07,45 | 8 |
| | 07,45 - 08,00 | | CICLISME INDOOR | CROSS CIES | | | | | | | | | | 07,45 - 08,00 | |
| | 08,00 - 08,15 | | | | | | | | 3X15 FIT | | | | | 08,00 - 08,15 | |
| | 08,15 - 08,30 | | | | | | | | | | | | | 08,15 - 08,30 | |
| 9 | 08,30 - 08,45 | ESTIRAMENTS / ABDOMINALS | | | | | | | | | | | | 08,30 - 08,45 | 9 |
| | 08,45 - 09,00 | | | | | ESTIRAMENTS / ABDOMINALS | | | ABDOMINALS | | | | | 08,45 - 09,00 | |
| | 09,00 - 09,15 | | | | | | | | | | | | | 09,00 - 09,15 | |
| | 09,15 - 09,30 | BODY POWER | CICLISME INDOOR | GAC | CICLISME INDOOR | TBC | CICLISME INDOOR | PILATES | CICLISME INDOOR | IOGA | CICLISME INDOOR | IOGA | | 09,15 - 09,30 | |
| 10 | 09,30 - 09,45 | | | | | | | | | | | | | 09,30 - 09,45 | 10 |
| | 09,45 - 10,00 | | | | | | | | | | | | | 09,45 - 10,00 | |
| | 10,00 - 10,15 | | | | | | | | | | | | | 10,00 - 10,15 | |
| | 10,15 - 10,30 | SUMBA | | PILATES | CICLISME INDOOR | SUMBA | | TAI-XI | CICLISME INDOOR | DANCE REMEMBER | | | | 10,15 - 10,30 | |
| 11 | 10,30 - 10,45 | | | | | | | | | | | | | 10,30 - 10,45 | 11 |
| | 10,45 - 11,00 | | | | | | | | | | | | | 10,45 - 11,00 | |
| | 11,00 - 11,15 | | | | | | | | | | | | | 11,00 - 11,15 | |
| | 11,15 - 11,30 | ESTIRAMENTS / ABDOMINALS | | | | | | | | | | | | 11,15 - 11,30 | |
| 12 | 11,30 - 11,45 | | | | | | | | | | | | | 11,30 - 11,45 | 12 |
| | 11,45 - 12,00 | | | | | | | | | | | | | 11,45 - 12,00 | |
| | 12,00 - 12,15 | | | | | | | | | | | | | 12,00 - 12,15 | |
| | 12,15 - 12,30 | | | | | | | | | | | | | 12,15 - 12,30 | |
| 13 | 12,30 - 12,45 | | | | | | | | | | | | | 12,30 - 12,45 | 13 |
| | 12,45 - 13,00 | | | | | | | | | | | | | 12,45 - 13,00 | |
| | 13,00 - 13,15 | | | | | | | | | | | | | 13,00 - 13,15 | |
| | 13,15 - 13,30 | | CICLISME INDOOR | | | | | | | | | | | 13,15 - 13,30 | |
| 14 | 13,30 - 13,45 | | | | | | | | | | | | | 13,30 - 13,45 | 14 |
| | 13,45 - 14,00 | | | | | | | | | | | | | 13,45 - 14,00 | |
| | 14,00 - 14,15 | | | | | | | | | | | | | 14,00 - 14,15 | |
| | 14,15 - 14,30 | | CICLISME INDOOR | CIRCUIT TRAINING | | | | | | | | | | 14,15 - 14,30 | |
| 15 | 14,30 - 14,45 | | | | | | | | | | | | | 14,30 - 14,45 | 15 |
| | 14,45 - 15,00 | | | | | | | | | | | | | 14,45 - 15,00 | |
| | 15,00 - 15,15 | | | | | | | | | | | | | 15,00 - 15,15 | |
| | 15,15 - 15,30 | TBC | | | | | | | | | | | | 15,15 - 15,30 | |
| 16 | 15,30 - 15,45 | | | | | | | | | | | | | 15,30 - 15,45 | 16 |
| | 15,45 - 16,00 | | | | | | | | | | | | | 15,45 - 16,00 | |
| | 16,00 - 16,15 | | | | | | | | | | | | | 16,00 - 16,15 | |
| | 16,15 - 16,30 | | | | | | | | | | | | | 16,15 - 16,30 | |
| 17 | 16,30 - 16,45 | | | | | | | | | | | | | 16,30 - 16,45 | 17 |
| | 16,45 - 17,00 | | | | | | | | | | | | | 16,45 - 17,00 | |
| | 17,00 - 17,15 | | | | | | | | | | | | | 17,00 - 17,15 | |
| | 17,15 - 17,30 | GAC | CICLISME INDOOR | BODY POWER | CICLISME INDOOR | PILATES | CICLISME INDOOR | SUMBA | CICLISME INDOOR | DANCE REMEMBER | CICLISME INDOOR | | | 17,15 - 17,30 | |
| 18 | 17,30 - 17,45 | | | | | | | | | | | | | 17,30 - 17,45 | 18 |
| | 17,45 - 18,00 | | | | | | | | | | | | | 17,45 - 18,00 | |
| | 18,00 - 18,15 | | | | | | | | | | | | | 18,00 - 18,15 | |
| | 18,15 - 18,30 | SUMBA | CICLISME INDOOR | PILATES | CICLISME INDOOR | SUMBA | CICLISME INDOOR | 3X15 FIT | CICLISME INDOOR | CÀRDIODOX | CICLISME INDOOR | | | 18,15 - 18,30 | |
| 19 | 18,30 - 18,45 | | | | | | | | | | | | | 18,30 - 18,45 | 19 |
| | 18,45 - 19,00 | | | | | | | | | | | | | 18,45 - 19,00 | |
| | 19,00 - 19,15 | | | | | | | | | | | | | 19,00 - 19,15 | |
| | 19,15 - 19,30 | BODY POWER | CICLISME INDOOR | AERÒBIC | CICLISME INDOOR | 3X15 FIT | CICLISME INDOOR | GAC | CICLISME INDOOR | IOGA | | | | 19,15 - 19,30 | |
| 20 | 19,30 - 19,45 | | | | | | | | | | | | | 19,30 - 19,45 | 20 |
| | 19,45 - 20,00 | | | | | | | | | | | | | 19,45 - 20,00 | |
| | 20,00 - 20,15 | | | | | | | | | | | | | 20,00 - 20,15 | |
| | 20,15 - 20,30 | TBC | CICLISME INDOOR | GAC | CICLISME INDOOR | CIRCUIT TRAINING | CICLISME INDOOR | | | | | | | 20,15 - 20,30 | |
| 21 | 20,30 - 20,45 | | | | | | | | | | | | | 20,30 - 20,45 | 21 |
| | 20,45 - 21,00 | | | | | | | | | | | | | 20,45 - 21,00 | |
| | 21,00 - 21,15 | | | | | | | | | | | | | 21,00 - 21,15 | |
| | 21,15 - 21,30 | CIRCUIT TRAINING | | ESTIRAMENTS / ABDOMINALS | | BODY POWER | | ESTIRAMENTS / ABDOMINALS | | | | | | 21,15 - 21,30 | |
| 21 | 21,30 - 21,45 | | | | | | | | | | | | | 21,30 - 21,45 | 21 |
| | 21,45 - 22,00 | | | | | | | | | | | | | 21,45 - 22,00 | |