

PODIUM (Del 28 de SETEMBRE al 20 de DESEMBRE)

HORA	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:15-8:05h	SALA 2	CICLISME INDOOR	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE		
	SALA 1		BODY PUMP		IBT	BODY PUMP		
	EXTERIOR			HARD CIRCUIT				
8:30-9:20h	SALA 1			BODY COMBAT	PILATES	ZUMBA		
	PISCINA		AQUAGYM					
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	9:00h VIRTUAL BIKE
9:15-10:05h	SALA 1	BODY PUMP						
9:30-10:20h	SALA 1		IBT	BODY PUMP	GAC	PILATES		
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	10:00h VIRTUAL BIKE
10:15h-11:05	SALA 1	PILATES						
10:30-11:20h	SALA 1		ZUMBA	GAC	IBT		BODY COMBAT	
	PISCINA					AQUAGYM		
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	11:00h VIRTUAL BIKE
11:30-12:20h	SALA 1						BODY PUMP	
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	12:00h VIRTUAL BIKE
12:00-12:50h	PISCINA	AQUAGYM amb Step						
12:30-13:20h	PISCINA		AQUAGYM		AQUAGYM	AQUAGYM		
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
13:30-14:20h	SALA 1	Les Mills CORE	BODY PUMP	PILATES	GAC	BODY PUMP		
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
14:30-15:20h	SALA 1		Les Mills CORE			BODY BALANCE		
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	CICLISME INDOOR	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
	EXTERIOR				HARD CIRCUIT			
15:30-16:20h	SALA 1	ZUMBA	PILATES	IBT	BODY PUMP	BODY COMBAT		
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
16:30-17:20h	SALA 1	GAC		PILATES				
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
17:30-18:20h	SALA 1	BODY PUMP	BODY PUMP	Les Mills CORE	BODY BALANCE	Les Mills CORE		
	SALA 2	CICLISME INDOOR	CICLISME INDOOR	VIRTUAL BIKE	CICLISME INDOOR	VIRTUAL BIKE	VIRTUAL BIKE	
	EXTERIOR					HARD CIRCUIT		
18:30-19:20h	SALA 1	BODY PUMP	PILATES	BODY COMBAT	PILATES	ZUMBA		
	SALA 2	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	VIRTUAL BIKE	
19:00-19:50h	PISCINA		AQUAGYM		AQUAGYM			
19:30-20:20h	SALA 1	BODY COMBAT	BODY PUMP	ZUMBA	Les Mills CORE	BODY PUMP		
	EXTERIOR	HARD CIRCUIT		HARD CIRCUIT				
	SALA 2	VIRTUAL BIKE	CICLISME INDOOR	VIRTUAL BIKE	CICLISME INDOOR	VIRTUAL BIKE		
20:00-20:50h	EXTERIOR		HARD CIRCUIT		HARD CIRCUIT			
	PISCINA	AQUAGYM						
20:30-21:20h	SALA 1	PILATES	PILATES + HIPOPRESSIUS	BODY PUMP	PILATES			
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE		



ATRIUM+PODIUM
VILADECANSESPORTS