

# ACTIVITATS DIRIGIDES CEM RAMBLA FONDO

Vigència: A PARTIR DEL 03 D'AGOST



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| Inici         | Final | Espai | DILLUNS         | DIMARTS          | DIMECRES        | DIJOUS          | DIVENDRES       | DISSABTE        | DIUMENGE        |
|---------------|-------|-------|-----------------|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| <b>MATÍ</b>   |       |       |                 |                  |                 |                 |                 |                 |                 |
| 07.15         | 08.00 | SC    | CYCLING VIRTUAL |                  | CYCLING VIRTUAL |                 | CYCLING VIRTUAL |                 |                 |
| 07.15         | 08.00 | SC    |                 | CYCLING          |                 | CYCLING         |                 |                 |                 |
| 08.15         | 09.00 | SC    | CYCLING VIRTUAL |                  | CYCLING VIRTUAL |                 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 08.00         | 08.45 | PS    | AIGUAMIX        |                  | AIGUAMIX        |                 |                 |                 |                 |
| 08.15         | 09.00 | S1    |                 | BODY PUMP        |                 | PILATES         |                 |                 |                 |
| 08.30         | 09.15 | SC    |                 | CYCLING VIRTUAL  |                 | CYCLING VIRTUAL |                 |                 |                 |
| 09.00         | 09.45 | S1    | ZUMBA           |                  | BODY COMBAT     |                 | GAC             |                 |                 |
| 09.15         | 10.00 | S2    |                 |                  |                 |                 | IOGA            |                 |                 |
| 09.15         | 10.00 | SC    | CYCLING         |                  | CYCLING         |                 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 09.30         | 10.15 | SC    |                 | CYCLING VIRTUAL  |                 | CYCLING VIRTUAL |                 |                 |                 |
| 09.30         | 10.15 | S1    |                 | ESQUENA SANA     |                 | GIM D'OR        |                 |                 |                 |
| 10.00         | 10.30 | PS    | AIGUAMIX 30'    |                  | AIGUAMIX 30'    |                 | AIGUAMIX 30'    |                 |                 |
| 10.30         | 11.15 | SC    | CYCLING VIRTUAL | CYCLING VIRTUAL  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 10.30         | 11.15 | S1    | BODY PUMP       | ZUMBA            | BODY BALANCE    | TONIFICACIÓ     | ZUMBA           |                 |                 |
| 10.45         | 11.15 | PS    | AIGUAMIX 30'    |                  | AIGUAMIX 30'    |                 | AIGUAMIX 30'    |                 |                 |
| 11.30         | 12.15 | SC    | CYCLING VIRTUAL | CYCLING VIRTUAL  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 12.30         | 13.15 | SC    | CYCLING VIRTUAL | CYCLING VIRTUAL  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| <b>MIGDIA</b> |       |       |                 |                  |                 |                 |                 |                 |                 |
| 13.30         | 14.15 | SC    | CYCLING VIRTUAL | CYCLING VIRTUAL  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |
| 14.30         | 15.15 | SC    | CYCLING VIRTUAL | CYCLING VIRTUAL  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |
| 15.30         | 16.15 | SC    | CYCLING VIRTUAL | CYCLING VIRTUAL  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |
| 15.30         | 16.15 | S1    |                 | TONIFICACIÓ      |                 | BODY BALANCE    |                 |                 |                 |
| 16.00         | 16.45 | PS    |                 | AIGUAMIX         |                 | AIGUAMIX        |                 |                 |                 |
| 16.30         | 17.15 | SC    | CYCLING VIRTUAL | CYCLING VIRTUAL  | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |                 |
| 16.30         | 17.15 | S1    | ZUMBA           |                  | CTC             |                 |                 |                 |                 |
| <b>TARDA</b>  |       |       |                 |                  |                 |                 |                 |                 |                 |
| 17.00         | 17.45 | PS    | AIGUAMIX        |                  | AIGUAMIX        |                 |                 |                 |                 |
| 17.30         | 18.15 | SC    |                 |                  |                 |                 |                 | CYCLING VIRTUAL |                 |
| 17.00         | 17.45 | S1    |                 | ESQUENA SANA     |                 | BODY PUMP       |                 |                 |                 |
| 17.45         | 18.30 | S1    | TONIFICACIÓ     |                  | ZUMBA           |                 | ESQUENA SANA    |                 |                 |
| 18.00         | 18.45 | SC    | CYCLING         | CYCLING VIRTUAL  | CYCLING         | CYCLING VIRTUAL | CYCLING         |                 |                 |
| 18.00         | 18.30 | S2    |                 | BODY BALANCE 30' |                 | ZUMBA 30'       |                 |                 |                 |
| 18.30         | 19.00 | S2    |                 |                  | ABDOMEN 30'     |                 | TONIFICACIÓ 30' |                 |                 |
| 18.30         | 19.15 | SC    |                 |                  |                 |                 |                 | CYCLING VIRTUAL |                 |
| 18.30         | 19.15 | S1    |                 | GAC              |                 | BODY COMBAT     |                 |                 |                 |
| 18.45         | 19.15 | S2    | ABDOMEN 30'     |                  |                 |                 |                 |                 |                 |
| 19.00         | 19.45 | S1    | PILATES         |                  | BODY PUMP       |                 | ZUMBA           |                 |                 |
| 19.00         | 19.45 | S2    |                 |                  |                 | IOGA            |                 |                 |                 |
| 19.15         | 20.00 | PS    |                 | AIGUAMIX         |                 | AIGUAMIX        |                 |                 |                 |
| 19.30         | 20.15 | SC    | CYCLING VIRTUAL | CYCLING          | CYCLING VIRTUAL | CYCLING         | CYCLING VIRTUAL |                 |                 |
| 19.45         | 20.15 | S2    | CARDIO HITT 30' |                  | BODY COMBAT 30' |                 |                 |                 |                 |
| 20.00         | 20.45 | S1    |                 | ZUMBA            |                 |                 |                 |                 |                 |
| 20.15         | 21.00 | S1    | BODY COMBAT     |                  | BODY BALANCE    | ZUMBA           |                 |                 |                 |
| 20.30         | 21.15 | S2    |                 | IOGA             |                 |                 |                 |                 |                 |
| 20.45         | 21.30 | SC    | CYCLING VIRTUAL |                  | CYCLING VIRTUAL |                 | CYCLING VIRTUAL |                 |                 |

| ESPAIS | S1 | SALA 1 | SC | SALA CYCLING   | SF | SALA DE FITNESS | TIPUS D'ACTIVITAT |
|--------|----|--------|----|----------------|----|-----------------|-------------------|
|        | S2 | SALA 2 | PS | PISCINA PETITA |    |                 | REHABILITACIÓ     |
|        |    |        | S  |                |    |                 | TONIFICA          |
|        |    |        |    |                |    |                 | PREVENCIÓ I RELAX |
|        |    |        |    |                |    |                 | SALUT             |

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