

DILLUNS

HORA	TEMPS	ACTIVITAT	ESPAI
08:15h	45'	GAC	Activfont
09:30h	50'	HIT -50	Activfont
11:00h	45'	AquaDolça	Aquafont
13:45h	55'	Bodypump	Activfont
15:30h	55'	Bodypump	Activfont
18:00h	30'	HIT-30	Activfont
18:30h	45'	Tonificació	Activfont
19:00h	50'	Spin	Bikefont
19:15h	45'	Aqua-GAC	Aquafont
19:30h	25'	Hipopressius	Activfont
20:00h	55'	Pilates	Zenfont
20:00h	90'	Marxa Nòrdica	Exterior
20:10h	50'	Spin	Bikefont
20:15h	30'	HIT-30	Activfont

DIMARTS

HORA	TEMPS	ACTIVITAT	ESPAI
07:15h	45'	Spin	Bikefont
08:15h	45'	Pilates	Activfont
09:15h	55'	Pilates	Zenfont
09:30h	50'	T-Bow	Activfont
10:30h	45'	Gym Sènior	Activfont
13:45h	45'	Step	Activfont
14:30h	15'	Abdominals	Activfont
15:30h	50'	Spin	Bikefont
18:30h	30'	HIT-30	Activfont
19:00h	20'	Hipopressius	Zenfont
19:30h	50'	Aeròbic-Zumba	Activfont
19:30h	50'	Hatha loga	Zenfont
19:45h	45'	Poolbiking	Aquafont
20:00h	50'	Spin	Bikefont
20:00h	50'	Running	Exterior
20:30h	50'	Hatha loga	Zenfont
20:35h	50'	HIT-50	Activfont

DIMECRES

HORA	TEMPS	ACTIVITAT	ESPAI
07:15h	45'	TS	Activfont
08:15h	45'	Poolbike/Aqua-TBC	Aquafont
09:30h	50'	Spin	Bikefont
11:00h	45'	AquaDolça	Aquafont
13:45h	50'	TS	Activfont
15:30h	50'	Zumba	Activfont
18:15h	55'	Bodypump	Activfont
19:15h	50'	Aqua-To	Aquafont
19:15h	55'	Pilates	Zenfont
19:30h	50'	Tonificació	Activfont
20:00h	90'	Marxa Nòrdica	Exterior
20:15h	55'	Pilates	Zenfont
20:15h	10'	Abdominals	Fitness
20:25h	10'	Estiraments	Fitness
20:30h	50'	Spin	Bikefont
20:30h	25'	Hipopressius	Activfont

DIJOUS

HORA	TEMPS	ACTIVITAT	ESPAI
09:15h	55'	Pilates	Activfont
10:45h	45'	Aquadolça	Aquafont
13:45h	50'	Spin	Bikefont
15:30h	30'	Circuit Training	Activfont
16:00h	25'	Hipopressius	Activfont
18:30h	30'	HIT-30	Activfont
19:00h	20'	Hipopressius	Zenfont
19:00h	50'	Spin	Bikefont
19:30h	50'	T-Bow	Activfont
19:30h	50'	Hatha-loga	Zenfont
20:00h	50'	Running	Exterior
20:15h	50'	Spin	Bikefont
20:30h	55'	Bodypump	Activfont
20:30h	50'	Hatha-loga	Zenfont

DIVENDRES

HORA	TEMPS	ACTIVITAT	ESPAI
07:15h	45'	Bodypump	Activfont
08:15h	45'	Spin	Bikefont
09:30h	55'	Bodypump	Activfont
14:00h	45'	HIT-45	Activfont
15:30h	50'	Aqua-TBC	Aquafont
18:00h	50'	Pilates	Zenfont
19:00h	50'	TS	Activfont
20:00h	50'	HIT-50	Activfont
20:00h	50'	Spin	Bikefont

DISSABTE

HORA	TEMPS	ACTIVITAT	ESPAI
11:00h	50'	Spin	Bikefont

Horaris Cal Font Wellness Centre:

- Dilluns a divendres: de 6:30h a 22:30h
- Dissabtes: de 09:00h a 20:00h



calfont
wellness centre

LES MILLS
BODY PUMP

HORARI SPINNING & BODY PUMP VIRTUAL 2020

DILLUNS	DIMARTS	DIMECRES	DIJOURS	DIVENDRES	DISSABTE
11:00h-11:30h BODYPUMP		08:15h-09:00h BODYPUMP	07:15h-08:15h 		09:45h-10:35h BODYPUMP
12:00h-12:45h BODYPUMP		11:00h-11:30h BODYPUMP	08:15h-09:00h BODYPUMP	11:00h-11:30h BODYPUMP	11:00h-11:45h BODYPUMP
	13:00h-13:30h BODYPUMP	12:00h-12:45h BODYPUMP	11:00h-11:30h BODYPUMP	12:00h-12:45h BODYPUMP	17:00h-17:45h 
		19:00h-19:50h 	13:00h-13:30h BODYPUMP	13:00h-13:30h BODYPUMP	17:00h-17:45h BODYPUMP
	17:30h-18:00h BODYPUMP	19:00h-19:50h BODYPUMP		15:30h-16:15h BODYPUMP	18:00h-18:45h 
21:30h-22:00h BODYPUMP		21:30h-22:00h BODYPUMP	17:30h-18:00h BODYPUMP	18:30h-19:15h 	17:30h-18:00h BODYPUMP