

DILLUNS

HORA	TEMPS	ACTIVITAT	ESPAI
07:15h	45'	Interval	Activfont
08:15h	45'	GAC	Activfont
09:30h	50'	Interval	Activfont
11:30h	45'	AquaDolça	Aquafont
13:45h	55'	Bodyump	Activfont
15:30h	55'	Bodyump	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'	Interval	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	35'	GAC	Activfont
14:30h	15'	Abdominals	Activfont
15:30h	50'	Spin	Bikefont
19:00h	20'	Hipopressius	Zenfont
19:30h	50'	Aeròbic-Zumba	Activfont
19:30h	50'	Hatha Ioga	Zenfont
19:45h	45'	Poolbiking	Aquafont
20:00h	50'	Spin	Bikefont
20:00h	50'	Running	Exterior
20:35h	50'	Interval	Activfont

DIMECRES

HORA	TEMPS	ACTIVITAT	ESPAI
07:15h	45'	Interval	Activfont
08:15h	45'	Poolbike/Aqua-TBC	Aquafont
09:30h	50'	Spin	Bikefont
11:30h	45'	AquaDolça	Aquafont
13:45h	50'	Circuit Training	Activfont
15:30h	50'	Zumba	Activfont
19:15h	50'	Aqua-To	Aquafont
19:15h	55'	Pilates	Zenfont
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
11:00h	45'	AquaDolça	Aquafont
13:45h	50'	Spin	Bikefont
15:30h	30'	Circuit Training	Activfont
16:00h	25'	Hipopressius	Activfont
19:00h	20'	Hipopressius	Zenfont
19:00h	50'	Spin	Bikefont
19:15h	50'	Hatha-loga	Zenfont
19:30h	50'	T-Bow	Activfont
20:00h	15'	Aqua Abdominals	Aquafont
20:00h	50'	Running	Exterior
20:15h	15'	Aqua Estiraments	Aquafont
20:15h	50'	Spin	Bikefont
20:30h	55'	Bodyump	Activfont

DIVENDRES

HORA	TEMPS	ACTIVITAT	ESPAI
07:15h	45'	Bodyump	Activfont
08:15h	45'	Spin	Bikefont
09:30h	55'	Bodyump	Activfont
13:45h	45'	Interval	Activfont
18:30h	50'	Pilates	Activfont
19:00h	55'	Bodyump	Activfont
20:00h	50'	Interval Training	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 06:30h a 22:30h
- Dissabtes: de 09:00h a 20:00h