

# DILLUNS

HORA	TEMPS	ACTIVITAT	ESPAI
07:15h	50'	Bodyump	Activfont
08:15h	45'	GAC	Activfont
09:30h	50'	Bodyump	Activfont
11:00h	45'	Virtual Bodyump	Activfont
10:45h	45'	AquaDolça	Aquafont
11:30h	45'	AquaDolça	Aquafont
12:00h	30'	Virtual Bodyump	Activfont
13:45h	30'	GRIT	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	45'	Pilates	Zenfont
19:45h	75'	Marxa Nòrdica	Exterior
20:00h	45'	Spin	Bikefont
20:15h	30'	GRIT	Activfont

# DIMARTS

HORA	TEMPS	ACTIVITAT	ESPAI
07:15h	45'	Spin	Bikefont
08:15h	45'	Pilates	Activfont
09:15h	55'	Pilates	Activfont
09:30h	50'	T-Bow	Zenfont
10:30h	45'	Gym Sènior	Activfont
13:00h	30'	Virtual Bodyump	Activfont
13:45h	50'	GAC	Activfont
15:30h	50'	Spin	Bikefont
17:30h	30'	Virtual Bodyump	Activfont
19:00h	20'	Hipopressius	Zenfont
19:30h	50'	Aeròbic-Zumba	Activfont
19:30h	50'	Hatha Ioga	Zenfont
19:00h	50'	Spin	Bikefont
19:45h	45'	Poolbiking	Aquafont
19:45h	50'	Running	Exterior
20:00h	45'	Spin	Bikefont
20:35h	30'	GRIT <b>ANUL-LADA</b>	Activfont

# DIMECRES

HORA	TEMPS	ACTIVITAT	ESPAI
07:15h	30'	GRIT	Activfont
08:15h	45'	Poolbike/Aqua-TBC	Aquafont
08:15h	45'	Virtual Bodypump	Activfont
09:30h	50'	Spin	Bikefont
11:00h	45'	Virtual Bodypump	Activfont
11:30h	45'	AquaDolça	Aquafont
12:00h	30'	Virtual Bodypump	Activfont
13:45h	55'	Bodypump	Activfont
15:30h	50'	Zumba	Activfont
19:00h	50'	Virtual Spin	Bikefont
19:15h	50'	Aqua-To	Aquafont
19:15h	55'	Pilates	Activfont
19:45h	75'	Marxa Nòrdica	Exterior
20:15h	55'	Pilates <b>ANUL-LADA</b>	Zenfont
20:00h	45'	Spin	Bikefont
20:15h	30'	GRIT	Activfont

# DIJOUS

HORA	TEMPS	ACTIVITAT	ESPAI
08:15h	45'	Virtual Bodypump	Activfont
09:15h	55'	Pilates	Activfont
11:00h	30'	Virtual Bodypump	Activfont
11:30h	45'	AquaDolça	Aquafont
13:00h	30'	Virtual Bodypump	Activfont
13:45h	50'	Spin	Bikefont
15:30h	30'	GRIT	Activfont
16:00h	25'	Hipopressius	Activfont
17:30h	30'	Virtual Bodypump	Activfont
19:00h	20'	Hipopressius	Activfont
19:15h	50'	Hatha-loga	Zenfont
19:30h	50'	T-Bow	Activfont
20:00h	15'	Aqua Abdominals	Aquafont
19:45h	50'	Running	Exterior
20:15h	15'	Aqua Estiraments	Aquafont
20:00h	45'	Spin	Bikefont
20:30h	55'	Bodypump <b>ANUL-LADA</b>	Activfont

# DIVENDRES

HORA	TEMPS	ACTIVITAT	ESPAI
07:15h	30'	GRIT	Activfont
08:15h	45'	Spin	Bikefont
09:30h	30'	GRIT	Activfont
11:00h	30'	Virtual Bodypump	Activfont
12:00h	45'	Virtual Bodypump	Activfont
13:00h	30'	Virtual Bodypump	Activfont
13:45h	45'	Postural	Activfont
15:30h	45'	Virtual Bodypump	Activfont
18:30h	50'	Pilates	Activfont
18:30h	45'	Virtual Spin	Bikefont
19:30h	30'	GRIT	Activfont
20:00h	50'	Spin	Bikefont

# DISSABTE

HORA	TEMPS	ACTIVITAT	ESPAI
09:45h	45'	Virtual Bodypump	Activfont
11:00h	50'	Spin	Bikefont
11:00h	45'	Virtual Bodypump	Activfont
17:00h	45'	Virtual Spin	Bikefont
17:00h	45'	Virtual Bodypump	Activfont
18:00h	45'	Virtual Spin	Bikefont

Horaris Cal Font Wellness Centre:

- Dilluns a divendres: de 06:30h a 22:30h
- Dissabtes: de 09:00h a 20:00h