



POLIESPORTIU MUNICIPAL LES PLANES

Horari d'activitats dirigides JULIOL 2026

HORARI D'ACTIVITATS JULIOL 2026

| DE | FINS | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|---------------------------------|-------|-------------------------|----------------------------|-----------------------------|-------------------------|--------------------|----------|----------|
| 8.15 | 9.15 | | CORE + ESTIRAMENTS | | FUNCIONAL + ESTIRAMENTS | | | |
| 8.30 | 9.15 | AQUAGYM | AQUASUAU | AQUAGYM | AQUASUAU | AQUAGYM | | |
| 9:00 | 9:50 | GYM SUAU S1 | | GYM SUAU S1 | | | | |
| 9:15 | 10:15 | | IOGA S2 | | IOGA S2 | | | |
| 9.15 | 10.05 | | ZUMBA | | ZUMBA | BODY PUMP | | |
| 10.15 | 11.05 | ZUMBA | GYM SUAU | BODY PUMP | HIPOPRESIUS | ZUMBA | | |
| 11.15 | 12.05 | BODY PUMP | | ZUMBA | GYM SUAU | | | |
| | | | | | | | | |
| 15.15 | 16.05 | FUNCIONAL | | ZUMBA | CORE + ESTIRAMENTS | | | |
| 16.15 | 17.05 | CYCLING | HBX Boxing | CORE + ESTIRAMENTS | CYCLING | | | |
| 16:15 | 17:00 | | AQUAFIT | | AQUAFIT | | | |
| 17.15 | 18.05 | BODY PUMP | | BODY PUMP | | | | |
| 17.30 | 18.20 | | ZUMBA | | FUNCIONAL + ESTIRAMENTS | | | |
| 17.30 | 18.30 | <i>FIT junior JAULA</i> | <i>FIT kids JAULA</i> | <i>FIT junior JAULA</i> | <i>FIT kids JAULA</i> | | | |
| 18.15 | 18.30 | | | BOOT CAMP S1 18:15-18:45 | | | | |
| 18.15 | 19.05 | | CYCLING | | CYCLING | CYCLING | | |
| 18.15 | 19.05 | | | | | ZUMBA | | |
| 18.30 | 19.20 | GAC | FUNCIONAL + ESTIRAMENTS | | ZUMBA | | | |
| 19.00 | 19.50 | | | FULL BODY | | | | |
| 19.15 | 20.05 | CYCLING | | CYCLING | | BODY PUMP | | |
| 19.15 | 20.15 | | PILATES S2 | | PILATES S2 | | | |
| 19.30 | 20.20 | ZUMBA | BODY PUMP | | BODY PUMP | | | |
| 19:15 | 20:00 | AQUAGYM | | AQUAGYM | | | | |
| 20.00 | 21.00 | PILATES S2 | | PILATES S2 | | | | |
| 20.30 | 21.20 | HBX Boxing | | BOOT CAMP sala 1 | | | | |
| 20.30 | 21.20 | | ZUMBA vs SALSA | | ZUMBA vs SALSA | | | |
| 20:30 | 21:15 | | | | | | | |
| LLEGENDA TIPOLOGIA D'ACTIVITATS | | ACTIVITATS DE FORÇA | ACTIVITATS CARDIOVASCULARS | ACTIVITATS MIXTES | ACTIVITATS COS-MENT | ACTIVITATS D'AIGUA | | |

La direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el número i ordre de sessions, el contingut i horaris d'aquestes, així com els tècnics que les imparteixen

ACTIVITATS DE PAGAMENT COMPLEMENTARI: Places limitades. AQUAGYM - AQUAFIT - AQUASUAU - AQUAEXTREM - IOGA - PILATES

