

HORARI DEL 20 DE JUNY AL 4 DE SETEMBRE

Inici	Espai	DILLUNS	Inici	Espai	DIMARTS	Inici	Espai	DIMECRES	Inici	Espai	DIJOUS	Inici	Espai	DIVENDRES	Inici	Espai	DISSABTE	Inici	Espai	DIUMENGE			
MATI																							
07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL									
08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	08:30								
09:00	PL	PLATJA	09:00	PL	PLATJA	09:00	PL	PLATJA	09:00	PL	PLATJA	09:00	PL	PLATJA	09:00				09:00				
09:15	PS	AQUAGYM	09:30			09:15	PS	AQUA GRAN	09:15			09:15			09:15				09:15				
09:30	S1	LES MILLS BODYPUMP	09:30	S1	LES MILLS BODYCOMBAT	09:30	S1	FUNCIONAL	09:30	S1	LES MILLS BODYPUMP	09:30		ZUMBA fitness	09:30				09:30				
09:30			09:30	S2	R. POSTURAL	09:30			09:30			09:30			09:30				09:30				
09:30	SC	CY. VIRTUAL	09:30	SC	CY. VIRTUAL	09:30	SC	CY. VIRTUAL	09:30	SC	CY. VIRTUAL	09:30	SC	CYCLING	09:30	SC	CY. VIRTUAL	09:30	SC	CY. VIRTUAL			
10:30	S1	EQUILIBRIUM	10:30	S1	IOGA	10:30	S1	ZUMBA fitness	10:30	S1	PILATES	10:30	S1	PEB 30'	10:30				10:30				
10:30	SC	CYCLING	10:30	SC	CY. VIRTUAL	10:30	SC	CYCLING	10:30	SC	CY. VIRTUAL	10:30	SC	CY. VIRTUAL	10:30	SC	CY. VIRTUAL	10:30					
10:45			10:45			10:45			10:45			10:30	PS	AQUA GRAN	10:30				10:30				
11:00			11:00			11:00			11:00			11:00	S1	GAC 30'	11:00				11:00				
11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:00	SC	CY. VIRTUAL
13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	12:30	SC	CY. VIRTUAL	12:00	SC	CY. VIRTUAL			
MIGDIA																							
15:20			15:20	S1	LES MILLS BODYPUMP	15:20			15:20	S1	ZUMBA fitness	15:20			15:20								
15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL	16:30	SC	CY. VIRTUAL						
TARDA																							
17:00	SC	CY. VIRTUAL	17:00	SC	CY. VIRTUAL	17:00	SC	CY. VIRTUAL	17:00	SC	CY. VIRTUAL	17:00	SC	CY. VIRTUAL	17:00								
17:15	S1	ABD 30'	17:15	S1	ZUMBA fitness	17:15	S1	ABD 30'	17:15	S1	EST 30'	17:15	S1	ABD 30'	17:15								
18:00	S1	LES MILLS BODYPUMP	18:00	S1	FUNCIONAL	18:00	S1	LES MILLS BODYCOMBAT	18:00	S1	ZUMBA fitness	18:00	S1	LES MILLS BODYCOMBAT	18:00								
18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	SC	CY. VIRTUAL	18:00	SC	CY. VIRTUAL	18:00	SC	CY. VIRTUAL			
18:15	S2		18:15	S2	R. POSTURAL	18:15	S2	EQUILIBRIUM	18:15			18:15			18:15								
19:00	PL	PLATJA	19:00	PL	PLATJA	19:00	PL	PLATJA	19:00	PL	PLATJA	18:30	PL	PLATJA	18:30								
19:00	SC	CYCLING	19:15	SC	CYCLING	19:00	SC	CYCLING	19:15	SC	CYCLING	19:00	SC	CYCLING	19:00								
19:15	S1	LES MILLS BODYCOMBAT	19:15	S1	APRIMA T	19:15	S1	LES MILLS BODYPUMP	19:15	S1	PILATES	19:00	S1	ZUMBA fitness	19:00								
19:15	PS	AQUAGYM	19:15			19:15	PS	AQUAGYM	19:15			19:15			19:15								
19:15			19:15			19:15			19:15	S2	ABD 30'	19:15			19:15								
20:15	S1	ZUMBA fitness	20:15	S1	PEB 30'	20:15			20:15	S1	LES MILLS BODYPUMP	20:15			20:15								
20:15	SC	CY. VIRTUAL	20:15	SC	CY. VIRTUAL	20:15	SC	CY. VIRTUAL	20:15	SC	CY. VIRTUAL	20:15	SC	CY. VIRTUAL	20:15	SC	CY. VIRTUAL	20:15					
20:45			20:45	S1	GAC 30'	20:45			20:45			20:45			20:45								

DESCARREGA'T L'HORARI DE LA NOSTRA WEB: WWW.MESMALGRAT.COM

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LES ACTIVITATS DE PLATJA ES FARAN DEL 01/07/22 AL 31/08/22

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