

SIGE SPORT CASTELLAR/ DIRIGIDES

Gener 2019

INICI	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE	DIUMENGE
7,00	CYCLING 45' Olga	Sala Cycling	B.PUMP 55' Olga	Les Mills	CYCLING 45' Olga	Sala Cycling	PILATES 45' Isabel	Les Mills	STRIDING 45' Isabel	Sala Fitness		
8,00	A.TONO 45' Marc A.	Piscina Petita			A.GYM 45' Marc R.	Piscina Petita			A.GYM 45' Marc R.	Piscina Petita		
	STRIDING 45' Isabel	Sala Fitness	PILATES 45' Isabel	Les Mills	POSTURAL 45' Isabel	Sala Sub	CYCLING 45' Isabel	Sala Cycling	GAC 45' Olga	Les Mills		
8,45	AAPP 45' Marc A.	Piscina Gran	AAPP 45' M.Alba	Piscina Gran	AAPP 45' Marc R.	Piscina Gran	AAPP 45' M.Alba	Piscina Gran	AAPP 45' Marc R.	Piscina Gran		
9,15	CYCLING 45' Olga	Sala Cycling	F.TRAINING Isabel	Sala Poli	B.PUMP 55' Olga	Les Mills	F.TRAINING Isabel	Sala Poli	PILATES 45' Carme	Les Mills	CYCLING	
			BALANCE 55' Carme	Les Mills			B.COMBAT 55' Carme	Les Mills	CYCLING 45' Olga	Sala Cycling		
9,30	A.PILATES 45' Carme	Piscina Petita										
10,15	B.PUMP 55' Olga	Les Mills	CYCLING 45' Olga	Sala Cycling	STRIDING 45' Olga	Sala Fitness	PILATES 45' Isabel	Sala Poli	ZUMBA 45' Esther	Les Mills	B.PUMP	STRIDING
			POSTURAL 45' Carme	Les Mills	PILATES 45' Isabel	Les Mills	B.PUMP 55' Carme	Les Mills	BALANCE 55' Carme	Sala Poli		
11,00			A.FORMA 45' M.Alba	Piscina Petita	ABDOMINALS 15' Olga	Sala Fitness	A.FORMA 45' M.Alba	Piscina Petita				
11,15	PILATES 45' Isabel	Les Mills	E.FORMA 45' Carme	Les Mills			E.FORMA 45' Olga	Les Mills				POSTURAL
			STRIDING 45' Isabel	Sala Fitness								
12,00	ABDOMINALS 15' Olga	Sala Fitness							ABDOMINALS 15' Isabel	Sala Fitness		
13,15	STRIDING 45' Olga	Sala Fitness	CYCLING 45' Olga	Sala Cycling	PILATES 45' Isabel	Les Mills	CYCLING 45' Olga	Sala Cycling	PILATES 45' Isabel	Les Mills		
14,15			B.PUMP 55' Ricard	Les Mills								
15,15	ZUMBA 45' Esther	Les Mills	ABDOMINALS 15' Riki	Sala Fitness	B.COMBAT 55' Carme	Les Mills	CYCLING 45' Ricard	Sala Cycling	B.PUMP 55' Raül	Les Mills		
			A.GYM 45' Joan	Piscina Petita	A.SALUT 45' Joan	Piscina Petita	A.GYM 45' Joan	Piscina Petita	A.TONO 45' Joan	Piscina Petita		
16,00	A.TONO 45' Joan	Piscina Petita										
16,15	B.PUMP 55' Jessica	Les Mills	GAC 45' Jessica	Les Mills	PILATES 45' Jessica	Les Mills	B.PUMP 55' Jessica	Sala Mills	CYCLING 45' Jessica	Sala Cycling		
17,15	PILATES 45' Jessica	Sala Poli	SHABAM 45' Jessica	Les Mills	GAC 45' Jessica	Les Mills			PILATES 45' Jessica	Les Mills	STRIDING Sala Fitness TONI	
	ZUMBA 45' Esther	Les Mills										
18,00					STRIDING 45' Toni	Sala Fitness			STRIDING 45' Toni	Sala Fitness		
18,10	E.FUNCIONAL 45' Ricard	Les Mills	PILATES 45' Jessica	Les Mills	SHABAM 45' Carme	Les Mills			SHABAM 45' Jessica	Les Mills		
	JUMPING 45' Jessica	Sala Poli	CYCLING 45' Raül	Sala Cycling	JUMPING 45' Jessica	Sala Poli	B.PUMP 55' Raül	Les Mills				
18,15	ABDOMINALS 15' Toni	Sala Fitness					PILATES 45' Jessica	Sala Poli				
19,10	TONO/STEP Jessica	Sala Poli	B.PUMP 55' Jessica	Les Mills	B.COMBAT 55' Raül	Les Mills	BALANCE 55' Carme	Sala Poli	CYCLING 45' Jessica	Sala Cycling		
	B.COMBAT 55' Carme	Les Mills	CYCLING 45' Ricard	Sala Cycling	CYCLING 45' Jessica	Sala Cycling	B.COMBAT 55' Jessica	Les Mills				
19,15			STRIDING 45' Carme	Sala Fitness			STRETCHING 15' Toni	Sala Fitness				
			ABDOMINALS 15' Toni	Sala Fitness								
19,30			A. CROSS 45' Marc	Piscina Petita			A. CROSS 45' Marc	Piscina Gran				
20,10	CYCLING 45' Jessica	Sala Cycling	B.COMBAT 55' Jessica	Les Mills	B.PUMP 55' Jessica	Les Mills	CYCLING 45' Jessica	Sala Cycling	B.PUMP 55' Ricard	Les Mills		
	B.PUMP 55' Carme	Les Mills	BALANCE 55' Carme	Sala Poli	JUMPING 45' Esther	Sala Poli	PILATES 45' Carme	Les Mills				
20,15	STRETCHING 15' Toni	Sala Fitness	ABDOMINALS 15' Toni	Sala Fitness			ABDOMINALS 15' Toni	Sala Fitness				
21,10	ZUMBA 45' Esther	Les Mills	CYCLING 45' Raül	Sala Cycling	HIPOPRESSIUS MIOFASCIALS Carme	Sala Poli	B.PUMP 55' Raül	Les Mills				

L'empresa es reserva el dret de modificar els horaris, treure o afegir classes.



SIGE SPORT CASTELLAR- Activitats Específiques

IOGA

INICI	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES
10,30			IOGA 60' Rosa	Sala Sub			IOGA 60' Rosa	Sala Sub	
18,10			IOGA 60' Rosa	Sala Sub			IOGA 60' Rosa	Sala Sub	
19,10					IOGA 60' Rosa	Sala Sub			
20,00	IOGA 60' Rosa	Sala Sub							
21,00	IOGA 60' Rosa	Sala Sub							

BOXA / KICK BOXING

INICI	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES
19,15			BOXA 60' Raúl	Sala Sub			BOXA 60' Raúl	Sala Sub	
19,00	KICK BOXING' Raúl	Sala Sub							
20,15					KICK BOXING' Raúl	Sala Sub			

CROSSTRaining

INICI	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES
20,00			CROSSTRaining Ricard	Sala Cross			CROSSTRaining Ricard	Sala Cross	

MOU-TE /FIT JOVE de 5 a 16 anys

INICI	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES
17,30			FIT KIDS	Carme S.Poli			JUMPING	Carme S.Poli	
18,00	KICK BOXING	Raúl S.Sub							
18,15	A. DIVER	Esther Piscina	DANCE/ZUMBA	Carme S.Poli	KICK BOXING	Raúl S.Sub	AQUAFIT	Carme Piscina	
19,00	ACROBÀCIA	Esther S.Cross			ACROBÀCIA	Esther S.Cross			



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