

ACTIVITATS DIRIGIDES TEMPORADA 2024-25



TOTA LA INFORMACIÓ
A L'APP DEL CEM BESÒS

ACTIVITATS DIRIGIDES DE SALA

| | DILLUNS | | DIMARTS | | DIMECRES | | DIJOUS | | DIVENDRES | | |
|-------|-----------------|--|-------------------|--|-----------------|--|-------------------|--|-----------------|--|-------|
| 8:30 | PILATES S1 | | TONO+60 S1 | | IOGA S1 | | BODY BALANCE S1 | | IOGA S1 | | 8:30 |
| 9:30 | BODY COMBAT S2 | | POWER PUMP S1 | | GAC S1 | | POWER PUMP S1 | | BOX TRAINING S1 | | 9:30 |
| 9:30 | IOGA S1 | | STRETCHING 30' S2 | | SPINNING S2 | | STRETCHING 30' S2 | | PILATES S2 | | 9:30 |
| 10:30 | ZUMBA S1 | | BODY BALANCE S1 | | | | ZUMBA S1 | | TOT ESQUENA S2 | | 10:30 |
| 10:30 | | | | | | | | | GAC S1 | | 10:30 |
| 11:00 | | | | | TOT ESQUENA S2 | | | | | | 11:00 |
| 14:15 | ZUMBA S1 | | | | | | | | | | 14:15 |
| 15:15 | BOX TRAINING S1 | | PILATES S1 | | SPINNING S2 | | POWER PUMP S1 | | TABATA S1 | | 15:15 |
| 16:15 | POWER PUMP S1 | | ZUMBA S1 | | BOX TRAINING S1 | | BODY BALANCE S1 | | | | 16:15 |
| 17:00 | | | | | | | | | MOVING ART S2 | | 17:00 |
| 17:15 | TOT ESQUENA S1 | | POWER PUMP S1 | | PILATES S1 | | ZUMBA S1 | | POWER PUMP S1 | | 17:15 |
| 17:30 | ZUMBA S2 | | BOOT CAMP EXT | | ZUMBA S2 | | GAC S2 | | | | 17:30 |
| 18:15 | MOVING ART S1 | | BODY COMBAT S1 | | | | | | | | 18:15 |
| 18:30 | SPINNING S2 | | PILATES S2 | | GAC S1 | | BOX TRAINING S1 | | PILATES S1 | | 18:30 |
| 18:30 | | | | | SPINNING S2 | | | | | | 18:30 |
| 19:30 | POWER PUMP S1 | | HIIT 30' EXT | | BOX TRAINING S1 | | HIIT CYCLING S2 | | | | 19:30 |
| 20:00 | | | ZUMBA S1 | | | | | | | | 20:00 |
| 20:30 | | | | | POWER PUMP S1 | | | | | | 20:30 |

Act. de treball cardiovascular

Act. integrals de ment i cos

Act. de treball del to muscular

Totes les sessions tenen una durada de 50 minuts, excepte les indicades de 30'.
Activitats amb reserva de plaça anticipada.

S1 Sala 1
S2 Sala 2

EXT Zona Exterior
SF Sala de fitness

ACTIVITATS DIRIGIDES D'AIGUA

| | DILLUNS | | DIMARTS | | DIMECRES | | DIJOUS | | DIVENDRES | | |
|-------|-----------------|--|--------------|--|-----------------|--|-----------------|--|-----------------|--|-------|
| 8:30 | AQUAGIM PPF | | | | AQUAGIM PPF | | | | | | 8:30 |
| 9:00 | | | | | | | | | AQUA-TBC PPF | | 9:00 |
| 9:30 | AQUA-TBC PPF | | AQUAGIM PPF | | AQUA-TBC PPF | | AQUAGIM PPF | | | | 9:30 |
| 10:30 | | | | | AQUATERÀPIA PPF | | | | | | 10:30 |
| 11:00 | AQUATERÀPIA PPF | | | | | | AQUATERÀPIA PPF | | AQUATERÀPIA PPF | | 11:00 |
| 11:30 | | | | | AQUATERÀPIA PPF | | | | | | |
| 15:15 | | | | | AQUAGIM PPF | | AQUADANCE PPF | | AQUAGIM PPF | | 15:15 |
| 15:30 | AQUAGAC PPF | | | | | | | | | | 15:30 |
| 17:30 | AQUA-TBC PF | | | | AQUADEEP PF | | | | AQUA-TBC PPF | | 17:30 |
| 18:30 | AQUAGAC PPF | | AQUA-TBC PPF | | AQUAGIM PPF | | AQUADANCE PPF | | AQUAGAC PPF | | 18:30 |
| 19:30 | | | AQUADEEP PF | | | | AQUA-TBC PF | | | | 19:30 |

Totes les sessions tenen una durada de 50 minuts.

Act. de treball d'intensitat moderada
Act. d'intensitat suau i estiraments

Act. de treball intervàl·lic d'alta intensitat

PPF Piscina poc fonda
PF Piscina fonda

Activitats amb reserva de plaça anticipada.

*L'empresa es reserva el dret a realitzar canvis a la graella d'activitats quan sigui necessari.

CENTRE ESPORTIU MUNICIPAL CEM BESÒS

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 Ajuntament
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