GRAELLA D'ACTIVITATS DIRIGIDES

A partir del 2 de novembre del 2026

Esport i Salut a Cardedeu

Ajuntament de Cardedeu

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:00	GAC SALA 50'	CARDIOGiM SALA 50'	CYCLING S.CYCLING 50'	PILATES SALA 50'	BODYPUMP SALA 50'		
7:30		CYCLING VIRTUAL S.CYCLING	AIGUAGiM P.PETITA 50'	CYCLING VIRTUAL S.CYCLING			
8:00	AIGUAGiM P.PETITA 50'	AIGUAHIIT P.GRAN 50'		AIGUAGiM P.PETITA 50'	AIGUACARDIO P.GRAN 50'	CYCLING VIRTUAL S.CYCLING	
8:30	BODYPUMP SALA 50'	CYCLING S.CYCLING 50'	PILATES SALA 50'	GiMSUAU SALA 50'	GAC SALA 50'	BODYPUMP SALA 50'	
9:00	CYCLING VIRTUAL S.CYCLING		CYCLING VIRTUAL S.CYCLING		CYCLING VIRTUAL S.CYCLING		
9:30	GAC SALA 50'	PILATES SALA 50'	CARDIOGiM SALA 50'	BODYPUMP SALA 50'	BODYBALANCE SALA 50'	PILATES SALA 50'	CYCLING VIRTUAL S.CYCLING
9:30		CYCLING VIRTUAL S.CYCLING		CYCLING VIRTUAL S.CYCLING			
10:30	GiMSUAU SALA 50'	BODYPUMP SALA 50'	BODYBALANCE SALA 50'	ESTIRAMENTS SALA 50'	TBC SALA 50'	GAC SALA 50'	
10:30	AIGUACARDIO P.GRAN 50'	AIGUAGiM P.PETITA 50'	AIGUAHIIT P.GRAN 50'	AIGUACARDIO P.GRAN 50'	AIGUAHIIT P.PETITA 50'		
11:00		CYCLING VIRTUAL S.CYCLING		CYCLING VIRTUAL S.CYCLING			
11:30	PILATES SALA 50'	ESTIRAMENTS SALA 50'	BODYPUMP SALA 50'		N.TERAPÈUTICA P.GRAN 50'	GiMSUAU SALA 50'	
11:30	AIGUAHIIT P.PETITA 50'		AIGUAGiM P.PETITA 50'		AIGUAGiM P.PETITA 50'		CYCLING VIRTUAL S.CYCLING
14:00	CYCLING VIRTUAL S.CYCLING		CYCLING VIRTUAL S.CYCLING		CYCLING VIRTUAL S.CYCLING		
15:00	GAC SALA 50'	TBC SALA 50'	PILATES SALA 50'	BODYPUMP SALA 50'	BODYBALANCE SALA 50'		
15:00	AIGUAGiM P.PETITA 50'	AIGUAHIIT P.GRAN 50'	AIGUAGiM P.PETITA 50'	AIGUAHIIT P.PETITA 50'	AIGUACARDIO P.GRAN 50'		
15:00		CYCLING VIRTUAL S.CYCLING		CYCLING VIRTUAL S.CYCLING	CYCLING VIRTUAL S.CYCLING	CYCLING VIRTUAL S.CYCLING	
16:00	CARDIOGiM SALA 50'	GAC SALA 50'	BODYBALANCE SALA 50'	PILATES SALA 50'	BODYPUMP SALA 50'		
16:00	CYCLING VIRTUAL S.CYCLING		CYCLING VIRTUAL S.CYCLING	CYCLING VIRTUAL S.CYCLING			
17:00	TBC SALA 50'	GiMSUAU SALA 50'	CROSSGiM SALA 50'	GAC SALA 50'	PILATES SALA 50'	CYCLING VIRTUAL S.CYCLING	
18:00	BODYBALANCE SALA 50'	GAC SALA 50'	BODYPUMP SALA 50'	ABDOMINALS SALA 50'	CROSSGiM SALA 50'		
18:00					CYCLING S.CYCLING 50'		
18:30			CYCLING S.CYCLING 50'			CYCLING VIRTUAL S.CYCLING	
18:30	FLASHGiM 25'						
19:00	BODYPUMP SALA 50'	CROSSGiM SALA 50'	GAC SALA 50'	TBC SALA 50'	PILATES SALA 50'		
19:00	CYCLING S.CYCLING 50'			CYCLING S.CYCLING 50'			
19:00		FLASHGiM 25'					
19:00		CYCLING VIRTUAL S.CYCLING			CYCLING VIRTUAL S.CYCLING		
19:15	AIGUAHIIT P.PETITA 50'		AIGUAGiM P.PETITA 50'		AIGUAGiM P.PETITA 50'		
19:30		FLASHGiM 25'	FLASHGiM 25'				
20:00	GAC SALA 50'	BODYBALANCE SALA 50'	TBC SALA 50'	BODYPUMP SALA 50'	ESTIRAMENTS SALA 50'		
20:00	CYCLING VIRTUAL S.CYCLING	CYCLING S.CYCLING 50'	CYCLING VIRTUAL S.CYCLING				
20:00				FLASHGiM 25'			
20:00		AIGUAGiM P.PETITA 50'		AIGUAHIIT P.PETITA 50'			
21:00	PILATES SALA 50'	BODYPUMP SALA 50'	GAC SALA 50'				

LesMILLS BODYPUMP

LesMILLS BODYBALANCE

LesMILLS DANCE

Activitats obertes per abonades/ts i de pagament per la resta, cal fer inscripció per l'APP o a la recepció del Gim10

Aquests horaris son susceptibles a modificacions per part de la direcció del centre en funció de les necessitats del servei

Franja verda: Intensitat baixa	Franja taronja: Intensitat mitjana	Franja vermella: Intensitat alta	Franja blau fosc: Piscina Gran	Franja blau cel: Piscina Petita