

Districte de Sant Martí

Ajuntament de Barcelona



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El teu moment del dia!

Can Felipa
centre esportiu municipal

Horaris Activitats Dirigides



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centre esportiu municipal
El teu moment del dia!

ACTIVITATS DIRIGIDES DE SALA

| | DILLUNS | | DIMARTS | | DIMECRES | | DIJOUS | | DIVENDRES | |
|-------|-------------------|----|---------------|----|-------------------|----|----------------|----|-------------------|----|
| 6:30 | | | C.F | S1 | | | C.F | S1 | | |
| 7:00 | | | | | SPINNING | S1 | | | | |
| 7:30 | AEROTONO | S2 | PILATES | S2 | GAC | S2 | PILATES | S2 | | |
| 9:05 | AERÒBIC | S2 | SPINNING | S1 | TONIFICACIÓ | S2 | ABD 30' | S1 | | |
| 9:05 | | | GAC | S2 | | | STEP | S2 | | |
| 9:30 | PILATES | S1 | | | PILATES | S1 | STRETCHING 30' | S1 | PILATES | S1 |
| 9:30 | | | | | | | | | ABD 30' | S2 |
| 10:05 | C.F+60 | S2 | F.TOTAL+60 | S2 | TONO+60 | S2 | F.TOTAL+60 | S1 | STRETCHING | S2 |
| 10:30 | SPINNING | S1 | TAI-TXI | S1 | | | TOT ESQUENA | S2 | | |
| 11:05 | POWER PUMP | S2 | GAC | S2 | SPINNING | S1 | POWER PUMP | S1 | SPINNING | S1 |
| 11:05 | | | | | | | | | PILATES INICIACIÓ | S2 |
| 11:30 | TAI-TXI | S1 | TOT ESQUENA | S1 | | | TAI-TXI | S2 | | |
| 12:00 | IOGA | S2 | | | IOGA | S2 | SPINNING | S1 | | |
| 12:30 | | | | | | | TXI-KUNG | S2 | | |
| 13:00 | TXI-KUNG | S2 | | | TXI-KUNG | S2 | | | | |
| 13:15 | C.F | S1 | | | C.F | S1 | | | | |
| 14:30 | STEP | S1 | POWER PUMP | S1 | SPINNING | S1 | GAC | S1 | FITBOX | S2 |
| 14:30 | | | | | AERÒBIC | S2 | | | | |
| 15:00 | | | PILATES | S2 | | | PILATES | S2 | | |
| 15:30 | SPINNING | S1 | FITMATER | S1 | POWER PUMP | S1 | SPINNING | S1 | TONIFICACIÓ | S2 |
| 15:30 | GAC | S2 | | | | | | | | |
| 17:00 | PILATES | S2 | TOT ESQUENA | S2 | TONIFICACIÓ | S2 | | | | |
| 17:30 | TONIFICACIÓ | S1 | POWER PUMP | S1 | SPINNING | S1 | GAC | S1 | ABD 30' | S2 |
| 17:30 | | | | | | | | | IOGA ESPORTIU | S1 |
| 18:00 | GAC | S2 | TXI-KUNG | S2 | PILATES | S2 | PILATES | S2 | GC30' | S2 |
| 18:30 | SPINNING | S1 | AEROTONO | S1 | POWER PUMP | S1 | FITBOX | S1 | STRETCHING 30' | S2 |
| 18:25 | | | | | | | | | TOT ESQUENA | S1 |
| 19:00 | GC 30' | S2 | IOGA ESPORTIU | S2 | PILATES | S2 | IOGA ESPORTIU | S2 | | |
| 19:20 | | | | | | | | | SPINNING | S1 |
| 19:30 | AERÒBIC | S1 | GAC | S1 | STEP | S1 | POWER PUMP | S1 | TONIFICACIÓ | S2 |
| 19:30 | ABD 30' | S2 | | | | | | | | |
| 20:00 | TAI-TXI | S2 | STEP | S2 | TAI-TXI | S2 | STRETCHING 30' | S2 | | |
| 20:30 | POWER PUMP | S1 | SPINNING | S1 | TONIFICACIÓ | S1 | SPINNING | S1 | GAC | S2 |
| 20:30 | | | | | | | AEROTONO | S2 | | |
| 21:00 | TAI-TXI INICIACIÓ | S2 | PILATES | S2 | TAI-TXI INICIACIÓ | S2 | | | | |

| | DISSABTE | | DIUMENGE | |
|-------|-------------------|----|----------|----|
| 10:05 | SPINNING 80' | S1 | | |
| 10:30 | GAC | S2 | SPINNING | S1 |
| 11:30 | PILATES | S1 | ABD 30' | S1 |
| 11:30 | GC 30' | S2 | | |
| 12:00 | ABD 30' | S2 | C.F | S1 |
| 12:30 | PILATES INICIACIÓ | S1 | | |

- Act. cardiovasculars
- Act. dolces ment i cos
- Act. mixtes
- Act. de treball muscular
- Spinning
- Act. per a gent gran

S1 Sala gran

S2 Sala petita

*Les sessions tenen una durada de 50', excepte les indicades de 30' i 80'.

ACTIVITATS DIRIGIDES D'AIGUA

| | DILLUNS | | DIMARTS | | DIMECRES | | DIJOUS | | DIVENDRES | |
|-------|-------------|-----|-------------|-----|-------------|-----|-------------|-----|-------------|-----|
| 7:30 | AQUATONO | P | | | AQUATONO | P | | | AQUATONO | P |
| 8:30 | AGUAGIM+60 | PPF | AGUAGIM+60 | PPF | AGUAGIM+60 | PPF | AGUAGIM+60 | PPF | AGUAGIM+60 | PPF |
| 9:30 | TBA-AQUAGIM | PPF | | | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF | | |
| 10:15 | AQUADEP | PF | | | AQUADEP | PF | | | AQUADEP | PF |
| 10:30 | TBA-AQUAGIM | PPF | | | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF |
| 11:15 | TBA-AQUAGIM | PPF | | | TBA-AQUAGIM | PPF | | | TBA-AQUAGIM | PPF |
| 12:15 | | | AQUATONO | P | | | AQUATONO | P | | |
| 14:30 | AQUAMATER | PF | TBA-AQUAGIM | PPF | AQUAMATER | PF | TBA-AQUAGIM | PPF | AQUAMATER | PF |
| 19:00 | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF |
| 19:45 | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF |
| 20:30 | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF | TBA-AQUAGIM | PPF |
| 20:30 | | | AQUADEP | PF | | | AQUADEP | PF | | |

*Totes les sessions tenen una durada de 45 minuts.

PPF Piscina poc fonda

PF Piscina fonda