

HORARI 2023/24

CLASSES DIRIGIDES

DE 6:30
A 22:30H

| Ⓛ | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|---------------|----------------|---------------|----------------|----------------|----------|----------|
| 7:05 | GAC | CIRCUIT | CYCLING | IOGA | TRX | | |
| 8:00 | | ESTIRAMENTS 30 | PILATES | ESTIRAMENTS 30 | | | |
| 8:30 | CARDIO TABATA | | | | HBX BOXING | | |
| 8:40 | | | | FUNCIONAL | | | |
| 9:15 | | AQUAFITNESS | | AQUAFITNESS | | | |
| | VINYASA | TRX | IOGA | TONO | C BOX | | |
| 9:30 | ZUMBA | CARDIO BOX | GAC | ZUMBA | PILATES | | |
| | | | | | AQUAFITNESS | | |
| | LEG-STRONG | | | | TOTAL TRAINING | | |
| 10:30 | PADEL | PILATES | HBX BOXING | ESPATLLA SANA | ABDOMINALS 30 | | |
| 10:45 | | | PILATES | | | | |
| 11:20 | | ESPATLLA SANA | | | | | |
| 12:00 | | ABDOMINALS 30 | ABDOMINALS 30 | ABDOMINALS | ABDOMINALS 30 | ESPECIAL | ESPECIAL |
| 12:30 | ABDOMINALS 30 | | | PADEL | | | |
| | HBX BOXING | CIRCUIT | PILATES | VINYASA | CYCLING | | |
| | PILATES | IOGA | CYCLING | HIIT-TOTAL | TRX FLOW | | |
| 13:20 | CYCLING | ZUMBA TONO | GLOBAL | HBX BOXING | HBX BOXING | | |
| | GLOBAL | HBX BOXING | HBX BOXING | ZUMBA TONO | PILATES | | |
| | GAC | | | | | | |
| 14:05 | | ABDOMINALS 30 | | | | | |
| 15:30 | STEP | FUNCIONAL | | GAC | | | |
| 16:00 | | | CIRCUIT | | | | |
| 16:45 | | | ABDOMINALS | | | | |
| 17:45 | BOX HIIT | TONIFICACIO | CARDIO BOX | STEP | ZUMBA | | |
| | ZUMBA TONO | | | | | | |
| 18:00 | | | | PILATES | | CIRCUIT | CIRCUIT |
| 18:15 | | | ESTIRAMENTS | | | | |
| | TRX | | | TRX | | | |
| 18:30 | GAC | HBX FUSIO | CIRCUIT | CYCLING | | | |
| | PILATES | | | | | | |
| 18:45 | | | | ZUMBA | | | |
| 19:00 | | | | IOGA | CIRCUIT | | |
| 19:15 | | | TRX AND BOSSU | | | | |
| | | | PILATES | | | | |
| | AQUAFITNESS | HIIT 30 | GAC | GLOBAL | | | |
| 19:30 | CYCLING | IOGA | VINYASA | AQUAFITNESS | CYCLING | | |
| | GLOBAL | ZUMBA | | AQUATONO | | | |
| 19:45 | | | | | ABDOMINALS | | |
| 20:00 | ABDOMINALS 30 | | | | | | |
| 20:15 | | ABDOMINALS 30 | ABDOMINALS | | | | |

● GYM & DANCE
 ● GLOBAL
 ● BODY & MIND
 ● AQUA
 ● CYCLING
 ● RAQUETES
 ● GYM
 ● SMALLFT