

HORARI 2024

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 TRX	GAC	ABDOMINALS		HBX BOXING		
8:40				FUNCIONAL HBX BOXING			
9:00			PADEL		PADEL		
9:15		AQUAFITNESS		AQUAFITNESS			
	VINYASA	TRX	IOGA	TONO	C. BOX		
9:30	ZUMBA CARDIO TABATA	CARDIO BOX	GAC	ZUMBA	PILATES		
			AQUAFITNESS		AQUAFITNESS		
10:30	LEG STRONG	PILATES	HBX BOXING	ESPATLLA SANA	TOTAL TRAINING		
		CYCLING		TRX	ABDOMINALS 30'		
10:45			PILATES				
11:20		ESPATLLA SANA					
12:00		ABDOMINALS 30'	ABDOMINALS 30'	ABDOMINALS	ABDOMINALS 30'	ESPECIAL	ESPECIAL
12:30	ABDOMINALS 30'						
	HBX BOXING	CIRCUIT	PILATES	VINYASA	PILATES		
	PILATES	IOGA	CYCLING	HIIT - TOTAL	CYCLING		
13:20	CYCLING	ZUMBA TONO	HBX BOXING	HBX BOXING	HBX BOXING		
	GLOBAL	HBX BOXING		ZUMBA TONO			
	GAC		GLOBAL				
14:05		ABDOMINALS 30'					
15:30	STEP	FUNCIONAL		GAC			
16:00			CIRCUIT				
16:45			ABDOMINALS				
17:00						RECUPERACIO SKI	
17:30	FUNCIONAL						
17:45	BOX HIIT ZUMBA TONO	GAC	TONO CYCLING	STEP	ZUMBA		
18:00				PILATES		CIRCUIT	CIRCUIT
18:15			ESTIRAMENTS				
	TRX	HBX FUSIO	CARDIO BOX	TRX	PREPARACIO SKI		
18:30	GAC PILATES	PILATES	CIRCUIT	CYCLING			
18:45				ZUMBA			
19:00			TRX & BOSSU	IOGA	CIRCUIT		
19:15		VINYASA	PILATES				
	AQUAFITNESS	HIIT 30'	GAC	GLOBAL			
19:30	CYCLING GLOBAL	HBX BOXING IOGA	ZUMBA	AQUAFITNESS	CYCLING		
				AQUATONO			
19:45					ABDOMINALS 30'		
20:00	ABDOMINALS 30'						
20:30		FUNCIONAL ABDOMINALS 30'	ABDOMINALS	CIRCUIT			

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



MÉS INFO A LA
RECEPCIÓ DEL CLUB

AnyósPark
EL CLUB