

# HORARI 2024

## CLASSES DIRIGIDES

DE 6:30 A 22:30H

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05	GAC	CIRCUIT	CYCLING	CYCLING	TRX		
8:00		ESTIRAMENTS 30'	PILATES	ESTIRAMENTS 30'			
8:30	CARDIO TABATA CORE	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	FUNCIONAL	GAC	ZUMBA	PILATES		
	CARDIO TABATA		AQUAFITNESS		AQUAFITNESS		
10:30	LEG STRONG	PILATES		ESPATLLA SANA	TOTAL TRAINING		
		CORE		GAC			
10:45			PILATES				
11:00			HBX BOXING				
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	ESQUAIX	ZUMBA TONO			
	GAC		GLOBAL	ESQUAIX			
14:05		ABDOMINALS 30'					
15:30	STEP	FUNCIONAL		GAC			
16:00			CIRCUIT				
16:45			ABDOMINALS				
17:00						GAC	
	FUNCIONAL						
17:45	BOX HIIT	GAC	TONO	STEP	ZUMBA		
	ZUMBA TONO		CYCLING				
18:00						CIRCUIT	CIRCUIT
18:15				PILATES			
	TRX	HBX FUSIÓ	CARDIO BOX	TRX	PREPARACIO SKI		
18:30	GAC	PILATES	CIRCUIT	CYCLING			
	PILATES		ESTIRAMENTS				
18:45				ZUMBA			
19:00	ESQUAIX			IOGA	CIRCUIT		
				ESQUAIX			
19:15		VINYASA	TRX & BOSSU PILATES				
	AQUAFITNESS	ZUMBA	GAC	GLOBAL			
19:30	CYCLING	HBX BOXING	AQUAFITNESS	CYCLING			
	GLOBAL	IOGA		AQUATONO			
19:45					ABDOMINALS 30'		
20:00	ABDOMINALS 30'						
20:15			ABDOMINALS				
20:30		FUNCIONAL		CIRCUIT			

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



**MÉS INFO A LA  
RECEPCIÓ DEL CLUB**

**AnyósPark  
EL CLUB**