

HORARI 2024/25

CLASSES DIRIGIDES

DE 6:30 A 22:30H

🕒	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05	GAC	CIRCUIT	CYCLING	CARDIO TABATA	TRX		
8:00		ESTIRAMENTS 30'	PILATES				
8:30			STEP				
8:40				HBX BOXING			
9:00			PADEL	PILATES	PADEL		
9:15		AQUAFITNESS		AQUAFITNESS			
	VINYASA	TRX	IOGA	TONO	PILATES		
9:30	ZUMBA		GAC	ZUMBA	AQUAFITNESS		
	CARDIO TABATA		AQUAFITNESS		BAXATA		
10:30	LEG STRONG	PILATES		ESPATLLA SANA	TOTAL TRAINING		
		FUNCIONAL		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	ESQUAIX			
	GAC		GLOBAL				
15:30		FUNCIONAL					
16:00			CIRCUIT				
16:30				GAC			
16:45			ABDOMINALS				
17:00						GAC	
	FUNCIONAL		CYCLING				
17:45	BOX HIIT	GAC	TONO	STEP	ZUMBA		
	ZUMBA TONO		DANCE CYCLING				
18:15				PILATES			
	HIIT TOTAL	HBX FUSIÓ	CARDIO BOX	TRX	CIRCUIT	CIRCUIT	
18:30	GAC	CYCLING	PILATES	CIRCUIT			
	PILATES		ESTIRAMENTS				
18:45		FUNCIONAL		ZUMBA			
19:00	ESQUAIX			IOGA			
				ESQUAIX			
19:15		VINYASA	TRX & BOSSU				
			PILATES				
19:30	AQUAFITNESS	ZUMBA	GAC	GLOBAL	GAC		
	HBX BOXING		AQUAFITNESS				
	GLOBAL	IOGA		AQUATONO			
19:45							
20:00	ABDOMINALS 30'						
20:15			ABDOMINALS		ABDOMINALS 30'		
20:30				CIRCUIT			

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



MÉS INFO A LA
RECEPCIÓ DEL CLUB

AnyósPark
EL CLUB