

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		HIIT	PILATES				
8:30		GAC	STEP				
8:40				HBX BOXING			
9:00			PADEL	PILATES	PADEL		
9:15		AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS		
9:30	VINYASA	TRX	IOGA	TONO	PILATES		
	ZUMBA		GAC	ZUMBA			
	CARDIO TABATA				BAXATA		
10:30	LEG STRONG	PILATES		ESPATLLA SANA	TOTAL TRAINING		
10:45			PILATES				
11:00			HBX BOXING			ESPECIAL	ESPECIAL
11:20		ESPATLLA SANA					
11:30							
12:00		ABDOMINALS 30'	ABDOMINALS 30'				
12:30	ABDOMINALS 30'						
13:20	HBX BOXING	CIRCUIT	PILATES	VINYASA	PILATES		
	PILATES	IOGA	CYCLING	HIIT - TOTAL	CYCLING		
	CYCLING	ZUMBA TONO		GAC	HBX BOXING		
	GLOBAL	HBX BOXING	ESQUAIX	ESQUAIX			
	GAC	RAQUETBALL	GLOBAL				
15:30		FUNCIONAL					
16:00							
16:30							
17:00						GAC	
17:15					TOTAL TRAINING		
17:45	FUNCIONAL						
	BOX HIIT	GAC	TONO	STEP	ZUMBA		
	ZUMBA TONO		DANCE CYCLING				
18:00						CIRCUIT	CIRCUIT
18:15				PILATES			
18:30	HIIT TOTAL	HBX FUSIÓ	CARDIO BOX	TRX			
	GAC	CYCLING	PILATES	CIRCUIT	RAQUET BALL		
	PILATES		ESTIRAMENTS				
18:45		FUNCIONAL		ZUMBA			
19:00	ESQUAIX			IOGA			
				ESQUAIX			
19:15		VINYASA	PILATES BARRA		CIRCUIT		
19:30	AQUAFITNESS	ZUMBA	PILATES	GLOBAL			
	HBX BOXING		AQUAFITNESS				
	GLOBAL	IOGA		AQUATONO			
19:45							
20:00					CARDIO TABATA		
20:15							
20:30				CIRCUIT			

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