

HORARI

CLASSES DIRIGIDES

2025/26

DE 6:30
A 22:30H

🕒	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05	GAC	CIRCUIT	CYCLING	CARDIO TABATA	TRX		
8:00		ESTIRAMENTS	PILATES				
8:30			STEP				
8:50				HBX BOXING			
9:00			PADEL		PADEL		
9:15	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS		
9:30	VINYASA	TRX	IOGA	TONO	PILATES		
	ZUMBA	BATXATA	GAC	ZUMBA			
	TRAIL RUNNING CLUB			TRAIL RUNNING CLUB	BATXATA		
10:20				ESPATLLA SANA			
10:30	LEG STRONG	PILATES			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							
13:20	HBX BOXING	CIRCUIT	PILATES	HIIT - TOTAL	PILATES		
	PILATES	ZUMBA TONO	CYCLING	GAC	CYCLING		
	CYCLING	HBX BOXING	RACQUETBALL	RACQUETBALL	HBX BOXING		
	GLOBAL	RAQUETBALL	GLOBAL		PADEL		
	GAC						
15:30					HIIT		
16:00							
17:00	TRX					GAC	
17:15							
17:45	ZUMBA TONO	GAC	TONO	STEP	ZUMBA		
	FUNCIONAL		CYCLING				
18:00						CIRCUIT	CIRCUIT
18:15				PILATES			
18:30	GAC		CARDIO BOX	TRX	PREPARACIO FISICA RANDONEE		
	CYCLING	PILATES	CIRCUIT	RAQUET BALL			
	PILATES		ESTIRAMENTS				
18:45		FUNCIONAL		ZUMBA			
19:00	RACQUETBALL			IOGA			
				RACQUETBALL			
19:15		VINYASA	PILATES BARRA		CIRCUIT		
			PILATES				
19:30	AQUAFITNESS	ZUMBA		GLOBAL			
	HBX BOXING						
	GLOBAL	IOGA					
19:45							
20:00					CARDIO TABATA		
20:15		TRAIL RUNNING CLUB					

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