

HORARI 2025/26

CLASSES DIRIGIDES

DE 6:30 A 22:30H

🕒	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05	GAC	CIRCUIT	CYCLING	CARDIO TABATA			
8:00			PILATES				
8:30				HBX BOXING			
9:00			PADEL		PADEL		
9:15	IOGA	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS		
	AQUAFITNESS						
	ZUMBA		IOGA				
9:30		BACHATA		ZUMBA	PILATES		
	AQUAFITNESS	TRX			BACHATA		
10:15				AEROIOGA			
10:30	LEG STRONG	PILATES			TOTAL TRAINING		
10:45			PILATES				
11:00						ESPECIAL	ESPECIAL
11:20		ESPATLLA SANA					
12:00	TRAIL RUNNING CLUB	ABDOMINALS 30'	ABDOMINALS 30'	TRAIL RUNNING CLUB			
12:30	ABDOMINALS 30'						
13:20	HBX BOXING	CIRCUIT	PILATES	HIIT - TOTAL	PILATES		
	PILATES BARRE	ZUMBA TONO	CYCLING	GAC	CYCLING		
	CYCLING	HBX BOXING	GLOBAL		HBX BOXING		
	GLOBAL						
15:30					HIIT		
17:30	PILATES						
17:45	ZUMBA TONO	GAC	TONO	STEP	ZUMBA		
	FUNCIONAL		CYCLING				
18:00				PILATES		CIRCUIT	CIRCUIT
18:30	GAC	PILATES	CARDIO BOX	TRX	RANDO		
	CYCLING		CIRCUIT				
	IOGA		ESTIRAMENTS				
18:45		FUNCIONAL		ZUMBA			
19:00				IOGA			
19:15		IOGA	PILATES BARRE		CIRCUIT		
			PILATES				
19:30	AQUAFITNESS	ZUMBA		GLOBAL			
	HBX BOXING						
	GLOBAL						
19:45	PILATES						
20:00				AQUAFITNESS			

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

AFORAMENT MÍNIM PER CLASSE DIRIGIDA: 2 PERSONES
AQUESTS HORARIS PODEN SER MODIFICATS SEGONS DEMANDA I NECESSITATS



MÉS INFO A LA
RECEPCIÓ DEL CLUB