

# HORARI 2026

## 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	ZUMBA	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS		
	I VINYASA		IOGA	AQUAFITNESS	AQUAFITNESS		
	AQUAFITNESS						
9:30		BACHATA		ZUMBA	PILATES		
		TRX		TONO	BACHATA		
10:15				AEROIOGA			
10:30	LEG-STRONG	PILATES		ESPATLLA	TOTAL TRAINING		
10:45			PILATES				
11:00							ESPECIAL
11:20		ESPATLLA					
12:00	TRAIL	ABDOMINALS		TRAIL			
12:30	ABDOMINALS						
13:20	GLOBAL	CIRCUIT	PILATES	HIIT TOTAL	PILATES		
	PILATES BARRE	HBX BOXING	CYCLING	GAC	CYCLING		
	CYCLING	ZUMBA TONO	GLOBAL		HBX BOXING		
	HBX BOXING						
15:30					HIIT		
17:30	PILATES						
17:45	ZUMBA TONO	GAC	TONO	STEP	ZUMBA		
	FUNCIONAL		CYCLING				
18:00				PILATES		TOTAL TRAINING	CIRCUIT
18:30	IOGA	PILATES	CARDIO BOX	TRX	FUNCIONAL		
	CYCLING		CIRCUIT				
	GAC		ESTIRAMENTS				
18:45		FUNCIONAL		ZUMBA			
19:00				IOGA			
19:15		IOGA VINYASA	PILATES BARRE		CIRCUIT		
			PILATES				
19:30	AQUAFITNESS	ZUMBA		GLOBAL			
	GLOBAL						
	HBX BOXING						
19:55	PILATES						
20:00				AQUAFITNESS			

● DANCE   
 ● FORÇA   
 ● BODY & MIND   
 ● AQUA   
 ● CARDIO   
 ● RAQUETES   
 ● FORÇA I CARDIO

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



**MÉS INFO A LA**  
**RECEPCIÓ DEL CLUB**