

# HORARI SETMANA 11/05/26

## CLASSES DIRIGIDES DE 6:30 A 22:30H

⌚	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05	GAC	CIRCUIT	CYCLING	CARDIO TABATA			
8:00		HBX BOXING	FUNC.	PILATES	STEP		
8:30				HBX BOXING	CIRCUIT		
9:00			PADEL		PADEL		
9:15	AQUAFITNESS	AQUAFITNESS	AQUA	TRX	AQUAFITNESS	AQUAFITNESS	
9:30	ZUMBA	BACHATA	IOGA	ZUMBA	PILATES		
	I VINYASA	TRX		TONO	ABD.	BACHATA	
10:15				AEROIOGA			
10:20				ESPATLLA			
10:30	LEG-STRONG	PILATES	GAC			TOTAL TRAINING	
10:45			PILATES				
11:00		ZUMBA	HBX BOXING	ZUMBA TONING		ESPECIAL	ESPECIAL
11:20		ESPATLLA					
12:00	TRAIL	ABDOMINALS	ABDOMINALS	TRAIL	ABD.		
12:30	ABDOMINALS						
13:20	GLOBAL	CIRCUIT	PILATES	HIIT TOTAL	PILATES		
	PILATES BARRE	HBX BOXING	CYCLING	GAC	CYCLING		
	CYCLING	ZUMBA TONING	GLOBAL		HBX BOXING		
	HBX BOXING		HBX BOXING		GLOBAL		
14:15			ESTIRAMENTS				
15:30					HIIT		
16:00					ABDOMINALS		
17:30	PILATES						
17:45	ZUMBA TONING	GAC	TONO	STEP	ZUMBA		
	FUNCIONAL		CYCLING		TRX		
18:00						CIRCUIT	CIRCUIT
18:15				PILATES			
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						
19:45	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**

**AnyósPark  
EL CLUB**