

HORARI SETMANA 18/05/26

CLASSES DIRIGIDES DE 6:30 A 22:30H

⌚	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05	GAC	CIRCUIT	CYCLING	CARDIO TABATA	GLOBAL		
8:00		HBX BOXING FUNC	PILATES				
8:30			STEP	CIRCUIT			
8:50				HBX BOXING			
9:00			PADEL		PADEL		
9:15	AQUAFITNESS	AQUAFITNESS	AQUA TRX	AQUAFITNESS	AQUAFITNESS		
9:30	ZUMBA	BACHATA	GAC	ZUMBA	PILATES		
	I VINYASA	TRX		TONO	BACHATA		
10:20				ESPATLLA			
10:30	LEG-STRONG	PILATES GAC	CIRCUIT		TOTAL TRAINING BALANCE		
10:45			PILATES				
11:00		ZUMBA	HBX BOXING ZUMBA			ESPECIAL	ESPECIAL
11:20		ESPATLLA					
12:00	TRAIL	ABD. GLOBAL	ABDOMINALS	TRAIL ABD.			
12:30	ABDOMINALS						
	GLOBAL	CIRCUIT	PILATES	HIIT TOTAL	PILATES		
13:20	PILATES BARRE	HBX BOXING	CYCLING	ZUMBA	CYCLING		
	CYCLING	ZUMBA TONING	GLOBAL		GLOBAL		
	HBX BOXING PUMP		HBX BOXING				
14:15			ESTIRAMENTS	ESTIRAMENTS			
15:30					HIIT		
16:00					ABDOMINALS		
17:30	PILATES						
17:45	ZUMBA TONING FUNCIONAL	GAC	TONO CYCLING	STEP BODY COMBAT	TRX		
18:00						CIRCUIT	CIRCUIT
18:15				PILATES			
	PILATES	PILATES	CARDIO BOX	TRX	FUNCIONAL		
18:30	CYCLING		CIRCUIT				
	GAC		ESTIRAMENTS				
18:45		FUNCIONAL		ZUMBA			
19:00				IOGA			
19:15	BALANCE	IOGA VINYASA	PILATES BARRE PILATES		CIRCUIT		
	AQUAFITNESS	ZUMBA		GLOBAL			
19:30	GLOBAL HBX BOXING						
19:45							
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**