

# HORARI SETMANA 25/05/26

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

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