

HORARI SETMANA 21/06/26

CLASSES DIRIGIDES DE 6:30 A 22:30H

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