

HORARI SETMANA 29/06/26

CLASSES DIRIGIDES DE 6:30 A 22:30H

⌚	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05	GAC	CIRCUIT	CYCLING	CARDIO TABATA			
8:00		BOXING	PILATES	HYBRID T.	HYBRID TRAINING		
8:30		FUNCIONAL		CIRCUIT			
8:50				BOXING			
9:00			PADEL		PADEL		
9:15	AQUAFITNESS	AQUAFITNESS	AQUA	ABD.	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	ABDOMINALS		TRAIL	ABD.		
12:30	ABDOMINALS		ABDOMINALS				
	GLOBAL	CIRCUIT	PILATES	HYBRID TRAINING	PILATES		
13:20	PILATES BARRE	BOXING	GLOBAL		BOXING		
	CYCLING	ZUMBA TONING	BOXING				
	BOXING		CYCLING				
14:15				ESTIRAMENTS			
15:30	HYBRID TRAINING		GAC		HIIT		
16:00							
17:30	PILATES						
17:45	FUNCIO.	ZUMBA	GAC	CYCL.	BACH.	STEP	
18:00						CIRCUIT	CIRCUIT
18:15				PILATES			
	CYCLING	PILATES	CIRCUIT	TRX	FUNCIONAL		
18:30	GAC		ESTIRAMENTS				
	PILATES						
18:45		FUNCIONAL		ZUMBA			
19:00				IOGA			
19:15		IOGA VINYASA	BARRE	PILATES		CIRCUIT	
	GLOBAL			GLOBAL			
19:30	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**