

# HORARI SETMANA 15/06/26

## 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	PILATES				
8:30		FUNCIONAL	TREN SUPERIOR	CIRCUIT			
8:50				HBX BOXING			
9:00			PADEL		PADEL		
9:15	AQUAFITNESS	AQUAFITNESS	AQUA   CIRCUIT	AQUAFITNESS	AQUA   CIRCUIT		
9:30	ZUMBA	BACHATA	GAC	ZUMBA	PILATES		
	I VINYASA	TRX	IOGA	TONO	BACHATA		
10:20				ESPATLLA   AERO IOGA			
10:30	LEG-STRONG	PILATES   GAC			TOTAL TRAINING   BAL		
10:45			PILATES				
11:00			HBX 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	HBX BOXING	CYCLING	ZUMBA	HBX BOXING		
	CYCLING	ZUMBA TONING	GLOBAL				
	PUMP   HBX BOXING		HBX BOXING				
14:15			ABDOMINALS	ESTIRAMENTS			
15:30					HIIT		
16:00	GAC						
17:30	PILATES						
17:45	FUNCIONAL	GAC	TONO	STEP	ZUMBA		
			CYCL   BACH	COMBAT			
18:00						CIRCUIT	CIRCUIT
18:20				PILATES			
18:30	CYCLING	PILATES	CARDIO BOX	TRX	FUNCIONAL		
	GAC		CIRCUIT				
	PILATES						
18:45		FUNCIONAL		ZUMBA			
19:00	IOGA			IOGA			
19:15		IOGA VINYASA	19:20 PILATES		CIRCUIT		
19:30	AQUAFITNESS	ZUMBA		GLOBAL			
	GLOBAL						
	IOGA						
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**