

HORARI

CLASSES DIRIGIDES

ESTIU 2026

DE 6:30
A 22:30H

🕒	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05		CIRCUIT		CARDIO TABATA			
8:00		BOXING	PILATES				
8:30		FUNCIONAL					
8:50				BOXING			
9:00			PADEL		PADEL		
9:15	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS		
9:30		TRX	GAC	TONO	PILATES		
			IOGA				
10:20				ESPATLLA	AERO IOGA		
10:30		PILATES			TOTAL		
10:45							
11:00			BOXING	ZUMBA		ESPECIAL	ESPECIAL
11:20		ESPATLLA					
12:00		ABDOMINALS					
12:30			ABDOMINALS				
13:20	CYCLING	BOXING	PILATES	HYBRID TRAINING	BOXING		
	PILATES BARRE	ZUMBA TONING	BOXING		PILATES		
	BOXING				CYCLING		
14:15							
15:30	HYBRID TRAINING		GAC		HIIT		
16:00							
17:30	PILATES						
17:45	FUNCIO.	ZUMBA	GAC	CYCLING			
18:00						CIRCUIT	CIRCUIT
18:15	PILATES						
18:30	CYCLING				FUNCIONAL		
	GAC						
18:45		FUNCIONAL					
19:00	IOGA						
19:15					CIRCUIT		
19:30	GLOBAL			AQUAFITNESS			
	AQUAFITNESS						
	BOXING						
20:00							

- 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