

HORARI SETMANA 13/07/26

CLASSES DIRIGIDES DE 6:30 A 22:30H

⌚	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
705	GAC	CIRCUIT	CYCLING				
800		BOXING	PILATES	HYBRID T			
830		FUNCIONAL					
850				BOXING			
900			PADEL		PADEL		
915	AQUAFITNESS	AQUAFITNESS	ABDOMINALS	AQUAFITNESS	AQUAFITNESS		
930	I VINYASA	BACHATA	GAC	TONO	PILATES		
	ZUMBA	TRX	IOGA	ZUMBA	BACHATA		
1020				ESPATLLA	AERO IOGA		
1030	LEG-STRONG	PILATES			TOTAL		
1045			PILATES				
1100			BOXING	ZUMBA		ESPECIAL	ESPECIAL
1120		ESPATLLA					
1200		ABDOMINALS					
1230	ABDOMINALS		ABDOMINALS				
1320	GLOBAL	CIRCUIT	PILATES	HYBRID TRAINING	PILATES		
	PILATES BARRE	ZUMBA TONING	GLOBAL		BOXING		
	CYCLING	BOXING	CYCLING		CYCLING		
	BOXING		BOXING				
1415				ESTIRAMENTS			
1530	HYBRID TRAINING		GAC				
1600							
1730							
1745	FUNCIO.	ZUMBA	GAC	BACHATA	STEP		
1800						CIRCUIT	CIRCUIT
1815				PILATES			
1830	CYCLING	PILATES	CIRCUIT	TRX			
	GAC		ESTIRAMENTS	TRAIL			
1845		FUNCIONAL		ZUMBA			
1900		TRAIL	TRAIL	IOGA			
1915		IOGA VINYASA	BARRE	PILATES		CIRCUIT	
1930	GLOBAL	ZUMBA		GLOBAL			
	AQUAFITNESS						
	BOXING						
2000				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