

HORARI

CLASSES DIRIGIDES

ESTIU 2026

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			
8:30		FUNCIONAL					
8:50				BOXING			
9:00			PADEL		PADEL		
9:15		AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS		
9:30	I VINYASA	TRX	GAC	TONO			
	ZUMBA		IOGA				
10:20				ESPATLLA	AERO IOGA		
10:30	LEG-STRONG	PILATES			GLOBAL		
10:45			PILATES				
11:00			BOXING	ZUMBA		ESPECIAL	ESPECIAL
11:20		ESPATLLA					
12:00	TRAIL	ABDOMINALS	ABDOMINALS	TRAIL			
12:30	ABDOMINALS						
13:20	GLOBAL	BOXING	PILATES	HYBRID TRAINING	BOXING		
	PILATES BARRE	ZUMBA TONING	CYCLING		PILATES		
	BOXING	CIRCUIT	BOXING				
14:15							
15:30	HYBRID TRAINING		GAC		HIIT		
16:00							
17:30	PILATES						
17:45	FUNCIO.	ZUMBA	GAC	CYCLING	STEP		
18:00						CIRCUIT	CIRCUIT
18:15							
18:30	CYCLING	PILATES	CIRCUIT	TRX	FUNCIONAL		
	GAC		ESTIRAMENTS				
	PILATES						
18:45		FUNCIONAL		ZUMBA			
19:00							
19:15		IOGA VINYASA	BARRE	PILATES	CIRCUIT		
19:30	GLOBAL	ZUMBA		GLOBAL			
	AQUA	IOGA		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