

HORARI

CLASSES DIRIGIDES

ESTIU 2026

DE 6:30
A 22:30H

🕒	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05		CIRCUIT					
8:00		BOXING	PILATES				
8:30		FUNCIONAL					
8:50							
9:00			PADEL		PADEL		
9:15	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS		
9:30	I VINYASA	BACHATA	GAC	ZUMBA	PILATES		
		TRX	IOGA		BACHATA		
10:20				AERO IOGA			
10:30					TOTAL		
10:45							
11:00			BOXING	ZUMBA		ESPECIAL	ESPECIAL
11:20							
12:00		ABDOMINALS					
12:30			ABDOMINALS				
13:20	CYCLING	ZUMBA TONING	PILATES		BOXING		
	BOXING		GLOBAL		PILATES		
	PILATES BARRE		CYCLING		CYCLING		
14:15							
15:30							
16:00							
17:30	PILATES						
17:45	ZUMBA		BACHATA	STEP			
18:00						CIRCUIT	CIRCUIT
18:15							
18:30	GAC	PILATES	ESTIRAMENTS	TRX			
	PILATES		CIRCUIT	PILATES			
18:45				ZUMBA			
19:00							
19:15		IOGA VINYASA	BARRE	PILATES	IOGA	CIRCUIT	
19:30	AQUAFITNESS	ZUMBA			AQUAFITNESS		
	IOGA				GLOBAL		
	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