

HORARI

CLASSES DIRIGIDES

ESTIU 2026

DE 6:30
A 22:30H

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