

HORARI

CLASSES DIRIGIDES

SETEMBRE 2026

DE 6:30
A 22:30H

🕒	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05	GAC		CIRCUIT	CARDIO TABATA			
8:00			PILATES				
8:30							
8:45				BOXING			
9:00			PÁDEL		PÁDEL		
9:15	AQUAFITNESS		AQUAFITNESS	AQUAFITNESS	AQUAFITNESS		
9:30	ZUMBA		GAC	ZUMBA	BACHATA		
	I VINYASA		IOGA	TONO			
10:15				ESPATLLA	AERO IOGA		
10:30	LEG-STRONG				TOTAL		
10:45			PILATES				
11:00		ESPECIAL	ZUMBA			ESPECIAL	ESPECIAL
11:20							
12:00							
12:30	ABDOMINALS						
13:00	TRAIL						
13:20	CYCLING		GLOBAL	BOXING	BOXING		
	BARRE	BOXING	CYCLING	HYBRID TRAINING	PILATES		
	GLOBAL		PILATES		CYCLING		
14:15							
15:30					HIIT		
16:00							
17:30	PILATES						
17:45	FUNCIO.	Z TONIN.	TONO	STEP			
			CYCL	BACH.	BOXING	CIRCUIT	CIRCUIT
18:15		ESPECIAL		PILATES			
18:30	GAC		ESTIRAMENTS	TRX	FUNCIONAL		
	CYCLING		CIRCUIT				
	PILATES						
18:45				ZUMBA			
19:00				IOGA			
19:15			BARRE	PILATES	CIRCUIT		
19:30	BOXING			GLOBAL			
	AQUA	IOGA					
	GLOBAL						
20:00				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