

HORARI

CLASSES DIRIGIDES

SETEMBRE 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				
8:30							
8:50				BOXING			
9:00			PÀDEL		PÀDEL		
9:15	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS		
9:30	ZUMBA	BACHATA	GAC	ZUMBA	PILATES	BACHAT	
	I. VINYASA	TRX	IOGA	TONO			
10:20				ESPATLLA	AERO IOGA		
10:30	LEG-STRONG	PILATES	ZUMBA		TOTAL		
10:45			PILATES				
11:00			BOXING				ESPECIAL
11:30		ESPATLLA					
12:00		ABDOMINALS	ABDOMINALS				
12:30	ABDOMINALS						
13:00	TRAIL						
13:20	CYCLING	CIRCUIT	GLOBAL	BOXING	PILATES		
	BARRE	BOXING	ZUMBA	CYCLING	HYBRID TRAINING	CYCLING	
	GLOBAL	BOXING	PILATES		BOXING		
14:15							
15:30					HIIT		
17:30	PILATES						
17:45	FUNCIO.	Z. TONIN.	GAC	TONO	STEP		
				CYCL	BACH.	BOXING	
18:00							CIRCUIT
18:15							
18:30	CYCLING	PILATES	PILATES BARRE	GLUTIS	FUNCIONAL		
	PILATES		CIRCUIT				
	GAC						
18:45		FUNCIONAL		ZUMBA			
19:00				IOGA			
19:15		IOGA VINYASA	ESTIRA	PILATES		CIRCUIT	
19:30	BOXING	ZUMBA		GLOBAL			
	AQUA	IOGA		AQUAFITNESS			
	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