

HORARI D'ACTIVITATS DIRIGIDES

MATÍ

TARDA

SALA	INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
CYCLING	7:15	8:05		CYCLING VIRTUAL	à-CYCLING	CYCLING VIRTUAL	à-CYCLING		
SALA 2	7:15	8:10		BODYPUMP		TBC			
CYCLING	7:30	8:20	à-CYCLING						
FITNESS	8:00	8:15		NEW BALLET-FIT	ABD 15'				
SALA 2	8:30	9:25	TBC						
PISCINA	9:15	12:15						NADONS*	
FITNESS	9:15	9:30						ABD 15'	ABD 15'
SALA 2	9:30	10:25	BODYPUMP	PILATES	NEW GAP	PILATES	BODYPUMP		
SALA 3	9:30	10:25	PILATES	SEVILLANES*	BALLET-FIT	SEVILLANES*	PILATES		
CYCLING	9:30	10:20	CYCLING VIRTUAL	à-CYCLING	à-CYCLING	à-CYCLING	CYCLING VIRTUAL	à-CYCLING	à-CYCLING
KIDS	9:30	10:25			TAI TXI				
PISCINA	9:30	10:15			AQUABALANCE				
FITNESS	10:15	10:30		ABD 15'		ABD 15'			
SALA 2	10:30	11:25	à-DANCE	BODYPUMP	BODYCOMBAT	HATHA IOGA	BODYBALANCE	BODYCOMBAT	TBC
SALA 3	10:30	11:25	PILATES AVANZADO	à-WELLNESS	PILATES				
SALA 3	10:30	11:00					HIPOPRESSIVES2		
FITNESS	10:30	10:45		NEW MIO-FIT 15'		NEW MIO-FIT 15'			
FITNESS	10:30	11:00	NEW TRX 30'		NEW TRX 30'		NEW TRX 30'		
KIDS	10:30	11:25		DHARMA IOGA					
PISCINA	10:30	11:15	AQUAFITNESS	AQUACARDIO	AQUASTEP	AQUAFITNESS	AQUACARDIO		
SALA 2	11:30	12:25	STRETCHING	STRETCHING	NEW LATINO	à-DANCE	ZUMBA	BODYPUMP	STRETCHING
SALA 3	11:30	12:20	NEW LATINO		VINYASA IOGA				
CYCLING	11:30	12:20						à-CYCLING	à-CYCLING
CYCLING	12:00	12:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
KIDS	12:00	12:55	SEVILLANES*		SEVILLANES*				
SALA 2	12:30	13:25						STRETCHING	
SALA 2	12:30	12:45							ABD 15'
SALA 3	12:30	13:25							HIPOPRESSIVES1
SALA 3	12:30	12:45						ABD 15'	
FITNESS	13:00	13:30						NEW TRX 30'	à-WOD 30'
CYCLING	13:00	13:30	CALCULA TU POTENCIA	CALCULA TU POTENCIA	CALCULA TU POTENCIA	CALCULA TU POTENCIA	CALCULA TU POTENCIA		
SALA 2	14:00	14:50	PILATES	STEP	PILATES	BODYBALANCE			
CYCLING	14:00	14:50	CYCLING		à-CYCLING				
PISCINA	14:00	14:45	AQUABALANCE						
SALA 2	14:30	15:25					BODYPUMP		
CYCLING	14:30	15:20		à-CYCLING		à-CYCLING			
FITNESS	14:45	15:00	ABD 15'		ABD 15'				
CYCLING	15:00	15:50					à-CYCLING		
SALA 2	15:00	15:50	BODYPUMP		BODYPUMP	GAP			
FITNESS	15:15	15:30		ABD 15'		ABD 15'			
FITNESS	15:45	16:00					ABD 15'		
SALA 3	16:00	17:30					MINDFULL IOGA		
CYCLING	16:00	16:30	CALCULA TU POTENCIA	CALCULA TU POTENCIA	CALCULA TU POTENCIA	CALCULA TU POTENCIA	CALCULA TU POTENCIA		

SALA	INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
CYCLING	17:00	17:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
SALA 2	17:30	18:25		BODYCOMBAT		BODYCOMBAT	BODYPUMP		
SALA 3	17:30	18:25	HATHA IOGA						
SALA 3	17:30	18:00		HIPOPRESSIVES2			HIPOPRESSIVES2		
FITNESS	18:00	18:30					à-WOD 30'	NEW TRX 30'	
SALA 2	18:00	18:55	GAP		BODYPUMP				
SALA 3	18:00	18:30		INICIACIO HIPOPRESSIVES					
CYCLING	18:00	18:50						CYCLING VIRTUAL	CYCLING VIRTUAL
PISCINA	18:00	18:45	AQUABALANCE	AQUASWIM					
FITNESS	18:30	18:45						NEW MIO-FIT 15'	ABD 15'
SALA 2	18:30	19:25		à-FIT		BODYPUMP	GAP		
SALA 3	18:30	19:25	PILATES	PILATES	VINYASA IOGA	PILATES	PILATES		
CYCLING	18:30	19:20	CYCLING			à-CYCLING			
PISCINA	18:30	19:15				AQUAWOD			
FITNESS	19:00	19:30	à-WOD 30'	à-WOD 30'	à-WOD 30'	NEW à-WOD 30'	NEW à-WOD 30'		
SALA 2	19:00	19:55	BODYCOMBAT		à-DANCE				
CYCLING	19:00	19:50			à-CYCLING		à-CYCLING		
CYCLING	19:00	19:50		à-CYCLING				CYCLING VIRTUAL	CYCLING VIRTUAL
PISCINA	19:00	19:45	AQUASTEP	AQUAFITNESS	AQUACARDIO				
PISCINA	19:00	19:55							RELAX TIME
OUTDOOR	19:00	20:00		à-RUNNING					
FITNESS	19:30	19:45		NEW MIO-FIT 15'		NEW MIO-FIT 15'			
SALA 2	19:30	20:25		ZUMBA		à-FIT	BODYCOMBAT		
SALA 3	19:30	20:25		INTEGRAL IOGA	ESQUENA SANA	INTEGRAL IOGA	STRETCHING		
SALA 3	19:30	20:30							
CYCLING	19:30	20:20	à-CYCLING			à-CYCLING			
SALA 3	19:30	20:25	BODYBALANCE						
KIDS	19:30	20:25				à-WELLNESS			
OUTDOOR	19:50	20:35				à-RUNNING	à-RUNNING		
SALA 2	20:00	20:55	BODYPUMP		NEW BALLET-FIT				
CYCLING	20:00	20:50		à-CYCLING					
PISCINA	20:00	21:30							RELAX TIME
SALA 2	20:30	21:25		TBC					
SALA 3	20:30	21:25	VINYASA IOGA		VINYASA IOGA				
SALA 3	20:30	22:00		BOXA		BOXA			
CYCLING	20:30	21:20	CYCLING VIRTUAL						
CYCLING	20:45	21:35			à-CYCLING		à-CYCLING		
CYCLING	21:00	21:50		CYCLING VIRTUAL		CYCLING VIRTUAL			
PISCINA	21:00	22:30	RELAX TIME	RELAX TIME	RELAX TIME	RELAX TIME	RELAX TIME		

AQUABALANCE *L'activitat aquabalance s'haurà de reservar prèviament a la recepció del club

*Activitats de pagament, informa't a la recepció del centre:



La direcció es reserva el dret de modificar els horaris segons les necessitats del club.

HORARI: De dilluns a divendres de 7:00h a 23:00h, dissabtes de 8:00h a 22:00h. Diumenges de 8:00h a 20:30h i festius de 8:00h a 15:00h.

ACTIVITATS COMUNITAT MIND

ACTIVITATS EXPRESS - COMUNITAT MIND -

ACTIVITATS COMUNITAT FITNESS

ACTIVITATS EXPRESS - COMUNITAT FITNESS -

ACTIVITATS COMUNITAT CYCLING

ACTIVITATS COMUNITAT RUNNING

ACTIVITATS COMUNITAT MOVING

ACTIVITATS COMUNITAT SWIMMING

LES MILLS
BODYBALANCE

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

ZUMBA
FITNESS

NEW
TRX