

# HORARI D'ACTIVITATS DIRIGIDES

## MATÍ

SALA	INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
SALA 1	7:15	8:00	BODYPUMP		à-FIT		BODYPUMP
CYCLING	7:15	8:05		à-CYCLING		à-CYCLING	
FITNESS	8:00	8:15	ABD 15'		ABD 15'		ABD 15'
FITNESS	8:00	8:30		INGRAVITY 30'		INGRAVITY 30'	
SALA 1	9:00	9:55	ESPALDA SANA	à-WELLNESS	ESPALDA SANA	à-WELLNESS	VINYASA YOGA
PISCINA	9:30	10:15		AQUAFITNESS		AQUAFITNESS	
SALA 1	10:00	10:55	TBC		à-FIT		GAP
SALA 1	10:30	11:25		à-DANCE			
SALA 1	11:00	11:55	PILATES		PILATES	ESPALDA SANA	LATINO
SALA 1	11:30	12:25		STRETCHING			
PISCINA	12:00	12:45	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS
FITNESS	13:45	14:00	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	13:45	14:30	à-FIT	TBC	GAP	BODYCOMBAT	
FITNESS	14:00	14:30	à-WOD 30'	INGRAVITY 30'	à-WOD 30'	INGRAVITY 30'	à-WOD 30'
FITNESS	14:30	14:45	STRETCH 15'	STRETCH 15'	STRETCH 15'	STRETCH 15'	STRETCH 15'
SALA 1	14:30	15:25	BODYPUMP	à-DANCE	BODYPUMP	PILATES	BODYCOMBAT
CYCLING	14:30	15:20	à-CYCLING	à-CYCLING		à-CYCLING	
PLUS	14:15	15:10			BOXEO		
PLUS	14:30	15:15		HBX BOXING		HBX BOXING	
OUTDOOR	14:30	15:25		à-RUNNING		à-RUNNING	

## TARDA

SALA	INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
FITNESS	15:30	15:45	ABD 15'	ABD 15'	STRETCH 15'	ABD 15'	ABD 15'
SALA 1	17:00	17:55	VINYASA YOGA				
SALA 1	18:00	18:55	BODYPUMP	BODYCOMBAT	STEP TRAINING	TBC	PILATES
PLUS	18:30	19:25	PILATES				
SALA 1	19:00	19:55	BODYCOMBAT	PILATES	LATINO	à-DANCE	BODYPUMP
PLUS	19:00	19:45		NEW HBX BOXING		NEW HBX BOXING	
PLUS	19:00	19:55			VINYASA YOGA		
CYCLING	19:00	19:50	à-CYCLING	à-CYCLING	à-CYCLING	à-CYCLING	
FITNESS	19:15	19:30		ABD 15'		ABD 15'	
PISCINA	19:15	20:00		AQUAFITNESS		AQUAFITNESS	
FITNESS	19:30	20:00	INGRAVITY 30'	à-WOD 30'	INGRAVITY 30'	à-WOD 30'	INGRAVITY 30'
FITNESS	20:00	20:15	ABD 15'		ABD 15'		ABD 15'
SALA 1	20:00	20:55	ZUMBA	BODYPUMP	BODYCOMBAT	STEP	ZUMBA
CYCLING	20:00	20:50		à-CYCLING		à-CYCLING	à-CYCLING
PLUS	20:00	20:55		HATHA YOGA			
PISCINA	20:00	20:45	AQUAFITNESS		AQUAFITNESS		
OUTDOOR	20:00	20:55			à RUNNING		
PLUS	20:30	21:25	BOXEO			BOXEO	
FITNESS	21:00	21:30	à-WOD 30'	INGRAVITY 30'	à-WOD 30'	INGRAVITY 30'	à-WOD 30'
FITNESS	21:30	21:45	STRETCH 15'	ABD 15'	STRETCH 15'	ABD 15'	STRETCH 15'

DISSABTE	INICI	FINAL	ACTIVITAT
CYCLING	10:00	10:50	à-CYCLING
PLUS	11:00	11:45	NEW HBX BOXING
FITNESS	11:30	12:00	INGRAVITY NEW
SALA 1	12:00	12:55	HATHA YOGA

DIUMENGE	INICI	FINAL	ACTIVITAT
CYCLING	10:00	10:50	à-CYCLING
SALA 1	11:00	11:55	à-FIT
PISCINA	11:30	13:00	AQUAFAMILY
SALA 1	12:00	12:55	VINYASA YOGA

DISSABTE	INICI	FINAL	ACTIVITAT
PISCINA	17:30	19:00	AQUAFAMILY
FITNESS	19:00	19:30	à-WOD NEW
FITNESS	19:30	20:00	INGRAVITY 30'
FITNESS	20:00	20:15	ABD 15'

DIUMENGE	INICI	FINAL	ACTIVITAT
FITNESS	19:00	19:30	à-WOD NEW
FITNESS	19:30	20:00	INGRAVITY 30'
FITNESS	20:00	20:15	ABD 15'



HORARI: De dilluns a divendres de 7:00 a 22:45, Dissabtes i diumenges de 9:00h a 14:15h i de 17:30h a 21:00h.

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

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ACTIVITATS COMUNITAT MIND

ACTIVITATS COMUNITAT FITNESS

ACTIVITATS EXPRESS - C. FITNESS-

ACTIVITATS COMUNITAT CYCLING

ACTIVITATS COMUNITAT RUNNING

ACTIVITATS COMUNITAT MOVING

ACTIVITATS COMUNITAT SWIMMING