

HORARI D'ACTIVITATS DIRIGIDES

DEL 15 AL 22 D'ABRIL



accura
SPORT & WELLNESS

SANT BOI

SALA	INICI	FINAL	DILLUNS 15	DIMARTS 16	DIMECRES 17	DIJOUS 18	DIVENDRES 19
SALA 2	7:30	8:25			à-FIT		
CYCLING	7:30	8:15	CYCLINGVIRTUAL	à- CYCLING	CYCLINGVIRTUAL	à- CYCLING	
FITNESS	8:30	8:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	
FITNESS	9:00	9:30	à-WOD 30'		TRX 30'		
FITNESS	9:15	9:30		ABD 15'		ABD 15'	
SALA 2	9:30	10:25			à-FIT	BODYPUMP	
SALA 3	9:30	10:25	PILATES	ZUMBA			
CYCLING	9:30	10:15	à- CYCLING	CYCLINGVIRTUAL	à- CYCLING	CYCLINGVIRTUAL	
PISCINA	9:30	10:15		AQUABALANCE			
FITNESS	10:30	10:45	ABD 15'				
FITNESS	10:30	11:00		TRX 30'	ESQUENA SANA 30'	TRX 30'	
SALA 2	10:30	11:25	BODYPUMP	BODYPUMP			
SALA 3	10:30	11:25			ZUMBA	PILATES	
CYCLING	10:30	11:15					à- CYCLING
PISCINA	10:30	11:15	AQUAFITNESS		AQUAFITNESS		
FITNESS	11:30	12:00	TRX 30'	à-WOD 30'	TRX 30'	à-WOD 30'	
SALA 2	11:30	12:25			BODYPUMP		
SALA 3	11:30	12:15					STRETCHING
CYCLING	12:00	12:45					CYCLINGVIRTUAL
FITNESS	13:30	14:00			TRX 30'		
SALA 2	14:15	15:10		BODYPUMP			
CYCLING	14:15	15:00	à- CYCLING	CYCLINGVIRTUAL	à- CYCLING	CYCLINGVIRTUAL	
SALA 2	15:15	16:10		à-FIT		BODYPUMP	
SALA 3	15:15	16:10	PILATES				
CYCLING	15:15	16:00	CYCLINGVIRTUAL	CYCLINGVIRTUAL	CYCLINGVIRTUAL	CYCLINGVIRTUAL	
FITNESS	16:00	16:30				TRX 30'	
FITNESS	17:30	17:45		ABD 15'		ABD 15'	
FITNESS	17:30	18:00	ESQUENA SANA 30'		ESQUENA SANA 30'		
SALA 2	17:30	18:25	GAP				
FITNESS	18:00	18:30				ESQUENA SANA 30'	
SALA 2	18:00	18:55			ZUMBA	BODYPUMP	
SALA 3	18:00	18:45		à-JUMP			
SALA 3	18:00	18:55	STRETCHING		STRETCHING		
CYCLING	18:00	18:45		à- CYCLING		à- CYCLING	
SALA 3	18:15	19:00				à-JUMP	
CYCLING	18:15	19:00			à- CYCLING		
SALA 2	18:30	19:25	BODYPUMP				
PISCINA	18:30	19:15	AQUAFITNESS		AQUAFITNESS		
FITNESS	19:00	19:30		à-WOD 30'	TRX 30'	à-WOD 30'	
SALA 2	19:00	19:55		BOXA	à-FIT	BOXA	
SALA 3	19:00	19:45			GAP		
SALA 3	19:00	19:55		ZUMBA		PILATES	
CYCLING	19:00	19:45	à- CYCLING	à- CYCLING		à- CYCLING	
OUTDOOR	19:00	20:00		à-RUNNING		à-RUNNING	
SALA 2	19:30	20:25	TONO STEP				
PISCINA	19:30	20:15	AQUABALANCE				
FITNESS	20:00	20:30	à-WOD 30'	TRX 30'	à-WOD 30'	TRX 30'	
SALA 2	20:00	20:55			ZUMBA	ZUMBA	
CYCLING	20:00	20:45	à- CYCLING	à- CYCLING	à- CYCLING	CYCLINGVIRTUAL	
SALA 3	20:15	21:10			PILATES		
FITNESS	20:45	21:00	ABD 15'	ABD 15'	ABD 15'	ABD 15'	

DISSABTE 20

SALA 2	10:00	10:55	à-FIT
CYCLING	10:00	10:45	CYCLINGVIRTUAL
PISCINA	10:45	11:30	AQUAFITNESS
CYCLING	11:00	11:45	à- CYCLING
SALA 3	12:00	12:55	PILATES

DIUMENGE 21

CYCLING	10:30	11:15	à-CYCLING
SALA 3	11:30	12:15	STRETCHING
CYCLING	12:00	12:45	CYCLINGVIRTUAL

DILLUNS 22

CYCLING	10:30	11:15	à-CYCLING
SALA 3	11:30	12:15	à-FIT
CYCLING	12:00	12:45	CYCLINGVIRTUAL

HORARI

De dilluns a divendres de 7:15h. a 23:00h.
Dissabtes i diumenges de 8:00h. a 20:00h.
Festius de 8:00h. a 15:00h.

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



ACTIVITATS COMUNITAT MIND
ACTIVITATS COMUNITAT FITNESS
ACTIVITATS EXPRESS -COMUNITAT FITNESS-
ACTIVITATS COMUNITAT CYCLING
ACTIVITATS COMUNITAT MOVING
ACTIVITATS COMUNITAT RUNNING
ACTIVITATS COMUNITAT SWIMMING