

HORARI D'ACTIVITATS DIRIGIDES

A PARTIR DEL 7 DE GENER DE 2019

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

DISSABTE

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

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