

HORARI D'ACTIVITATS DIRIGIDES

MATÍ

TARDA

SALA	INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
SALA 1	7:15	8:00	BODYPUMP		à-FIT		BODYPUMP
CYCLING	7:15	8:05	CYCLING VIRTUAL	à-CYCLING	CYCLING VIRTUAL	à-CYCLING	CYCLING VIRTUAL
FITNESS	8:00	8:15	ABD 15'		ABD 15'		ABD 15'
FITNESS	8:00	8:30		INGRAVITY 30'		INGRAVITY 30'	
SALA 1	9:00	9:45	à-FIT GOLD		à-FIT GOLD		
SALA 1	9:00	9:55		ESQUENA SANA		ESQUENA SANA	
PLUS	9:00	9:55					VINYASA YOGA
PISCINA	9:30	10:15		AQUAFITNESS		AQUAFITNESS	
SALA 1	10:00	10:45					GAP
SALA 1	10:00	10:55	à-FIT		TBC		
SALA 1	11:00	11:55					LATINO
SALA 1	11:10	12:05	PILATES		PILATES		
PISCINA	12:00	12:45	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS
CYCLING	13:00	13:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
FITNESS	13:45	14:00	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	13:45	14:15		TBC 30'	BODYCOMBAT 30'	GAP 30'	
PLUS	13:45	14:30	HBX BOXING				
FITNESS	14:00	14:30	à-WOD 30'	INGRAVITY 30'	à-WOD 30'	INGRAVITY 30'	à-WOD 30'
PLUS	14:15	15:10			BOXEO		
CYCLING	14:20	15:10	à-CYCLING	à-CYCLING	CYCLING VIRTUAL	à-CYCLING	CYCLING VIRTUAL
FITNESS	14:30	14:45	STRETCH 15'	STRETCH 15'	STRETCH 15'	STRETCH 15'	STRETCH 15'
SALA 1	14:30	15:25	BODYPUMP	STEP TRAINING	BODYPUMP	PILATES	BODYCOMBAT
PLUS	14:30	15:15		HBX BOXING		HBX BOXING	
PISCINA	14:30	15:15			AQUAWOD		
OUTDOOR	14:30	15:25		à-RUNNING*		à-RUNNING*	

SALA	INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
FITNESS	15:30	15:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
PLUS	17:00	17:55	VINYASA YOGA				
SALA 1	17:50	18:45	BODYPUMP	à-FIT	STEP TRAINING	TBC	PILATES
PLUS	18:00	18:55				VINYASA YOGA	
CYCLING	18:00	18:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
PLUS	18:10	18:55	HBX BOXING				
PLUS	18:45	19:40			PILATES		
SALA 1	19:00	19:55	BODYCOMBAT	PILATES	LATINO	à-DANCE	BODYPUMP
PLUS	19:00	19:45		HBX BOXING			HBX BOXING
OUTDOOR	19:00	19:55			à-RUNNING*		
PLUS	19:10	20:00	PILATES				KUNDALINI YOGA
CYCLING	19:10	20:00	à-CYCLING	à-CYCLING	à-CYCLING	à-CYCLING	
FITNESS	19:15	19:30		ABD 15'		ABD 15'	
PISCINA	19:15	20:00	AQUAFITNESS	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'
PLUS	20:00	20:45			HBX BOXING		
PLUS	20:00	20:55		HATHA YOGA			
PISCINA	20:00	20:45			AQUAFITNESS		
SALA 1	20:10	21:05	ZUMBA	BODYPUMP	BODYCOMBAT	STEP	
CYCLING	20:10	21:00	CYCLING VIRTUAL	à-CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	à-CYCLING
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'

*Les sessions de à-Runn.ng es duran a terme a partir del 22 de setembre

DISSABTE	DIUMENGE
OUTDOOR 9:30 - 10:25 à-RUNNING*	CYCLING 10:00 - 10:50 à-CYCLING
CYCLING 10:00 - 10:50 à-CYCLING	SALA 1 11:00 - 11:55 à-FIT
SALA 1 11:00 - 11:55 à-FIT	PISCINA 11:30 - 13:00 AQUAFAMILY
SALA 1 12:10 - 13:05 HATHA YOGA	SALA 1 12:10 - 13:05 VINYASA YOGA

DISSABTE	DIUMENGE
PISCINA 17:30 - 19:00 AQUAFAMILY	FITNESS 19:00 - 19:30 à-WOD
FITNESS 19:00 - 19:30 à-WOD	CYCLING 19:10 - 20:00 CYCLING VIRTUAL
CYCLING 19:10 - 20:00 CYCLING VIRTUAL	FITNESS 19:30 - 20:00 INGRAVITY 30'
FITNESS 19:30 - 20:00 INGRAVITY 30'	FITNESS 20:00 - 20:15 ABD 15'
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 EXPRESS - C. MIND-
ACTIVITATS COMUNITAT FITNESS	ACTIVITATS EXPRESS - C. FITNESS-
ACTIVITATS COMUNITAT CYCLING	

ACTIVITATS COMUNITAT RUNNING
ACTIVITATS COMUNITAT MOVING
ACTIVITATS COMUNITAT SWIMMING