



# Horaris d'activitats dirigides

a partir del 7 de gener de 2025

Inici	Fi	Espai	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:15	8:00	Sala 2	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING		
7:15	8:00	Piscina			AIGUAGIM				
7:15	8:10	Sala 1	BODY BURN		LES MILLS BODY PUMP		PILATES		
7:15	8:10	Box		CROSSTRAINING		CROSSTRAINING			
7:30	8:00	Sala 1		è-CORE					
8:15	9:00	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM		
8:30	9:10	Sala 1		PILATES					
8:30	9:15	Sala 2	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
8:30	9:25	Sala 1	PILATES		ZUMBA FITNESS	PILATES	LES MILLS BODY PUMP		
8:30	9:25	Box	BODY BURN						
9:15	10:00	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM		
9:15	10:10	Box		IOGA					
9:30	10:00	Box	HIPOPRESSIUS						
9:30	10:15	Sala 1			POSTURAL	POSTURAL			
9:30	10:15	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:30	10:25	Sala 1	LES MILLS BODY PUMP	è-FIGHT			BODY BURN		
9:30	10:25	Box			è-QUILIBRIUM				
10:00	10:55	Sala 1						LES MILLS BODY PUMP	
10:30	11:00	Sala 1	OMGlute		è-CORE				
10:30	11:15	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10:30	11:25	Sala 1				LES MILLS BODY PUMP			
11:00	11:55	Box						CROSSTRAINING	
12:15	13:00	Piscina						AIGUAGIM	
13:30	14:15	Sala 2			VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:30	14:25	Sala 1	LES MILLS BODY PUMP						
13:30	14:25	Box		BODY BURN		CROSSTRAINING			
14:00	14:45	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING			
14:30	15:25	Sala 1			PILATES				
15:30	16:25	Sala 1			LES MILLS BODY PUMP				
15:15	16:00	Sala 2	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
15:15	16:00	Piscina		AIGUAGIM		AIGUAGIM	AIGUAGIM		
15:15	16:10	Box	CROSSTRAINING						
16:15	17:00	Piscina	AIGUAGIM						
16:15	17:10	Sala 1		PILATES		IOGA			
17:00	17:55	Sala 1					ZUMBA FITNESS		
17:00	17:55	Box					CROSSTRAINING		
17:30	18:00	Box			OMGlute	OMGlute			
17:30	18:15	Sala 2	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING		
18:00	18:30	Box		HIIT		HIIT			
18:00	18:45	Sala 1			FITDANCE	FITDANCE			
18:00	18:55	Sala 1	LES MILLS BODY PUMP	è-QUILIBRIUM			è-ENERGY		
18:00	18:55	Box	CROSSTRAINING		IOGA		PILATES		
18:30	19:15	Sala 2	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
18:30	19:25	Box		CROSSTRAINING		CROSSTRAINING			
19:00	19:45	Piscina		AIGUAGIM	AIGUAGIM	AIGUAGIM			
19:00	19:55	Sala 1		LES MILLS BODY PUMP	è-FIGHT	è-FIGHT	LES MILLS BODY PUMP		
19:00	19:55	Box	IOGA						
19:15	20:00	Sala 1	FITDANCE						
19:30	19:45	Sala 2		SIXPACK		SIXPACK			
19:30	20:15	Sala 2	CYCLING		CYCLING				
19:30	20:15	Piscina	AIGUAGIM				AIGUAGIM		
19:30	20:25	Box		CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING		
19:45	20:30	Piscina		AIGUAGIM	AIGUAGIM				
20:00	20:15	Sala 1	SIXPACK						
20:00	20:55	Sala 1		ZUMBA FITNESS	PILATES				
20:15	20:30	Sala 2		SIXPACK	SIXPACK				
20:15	21:00	Piscina	AIGUAGIM						
20:30	21:00	Box		HIIT	HIIT	HIIT			
20:30	21:15	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:30	21:25	Box	CROSSTRAINING						
20:30	21:25	Sala 1	LES MILLS BODY PUMP			LES MILLS BODY PUMP			

## SEMPRE AL TEU RITME

La Direcció podrà, quan ho consideri necessari o per causes alienes al centre, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen. Una sessió podrà no impartir-se per impossibilitat de substitució.