



Horaris d'activitats dirigides

a partir del 22 d'abril de 2025

Inici	Fi	Espai	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7.15	8.00	Sala 2	CYCLING	VIRTUALCYCLING	VIRTUALCYCLING	CYCLING	VIRTUALCYCLING		
7.15	8.00	Piscina			AIGUAGIM				
7.15	8.10	Sala 1	BODY BURN		LES MILLS BODYPUMP		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	VIRTUALCYCLING	CYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING		
8.30	9.25	Sala 1	PILATES		ZUMBA fitness	PILATES	LES MILLS BODYPUMP		
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			
9.30	10.15	Box			POSTURAL				
9.30	10.15	Sala 2	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING
9.30	10.25	Sala 1	LES MILLS BODYPUMP	è-FIGHT	è-QUILIBRIUM		BODY BURN		
10:00	10:55	Sala 1						LES MILLS BODYPUMP	
10.30	11.00	Sala 1	OMGlute		è-CORE				
10.30	11.15	Sala 2	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING
10.30	11.25	Sala 1				LES MILLS BODYPUMP			
11:00	11:55	Box						CROSSTRaining	
12.15	13.00	Piscina						AIGUAGIM	
13.30	14.15	Sala 2			VIRTUALCYCLING		VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING
13.30	14.25	Sala 1	LES MILLS BODYPUMP						
13.30	14.25	Box		BODY BURN		CROSSTRaining			
14.00	14.45	Sala 2	VIRTUALCYCLING	VIRTUALCYCLING		VIRTUALCYCLING			
14.30	15.25	Sala 1			PILATES				
15.30	16.25	Sala 1			LES MILLS BODYPUMP				
15.15	16.00	Sala 2	VIRTUALCYCLING	CYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING		
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	VIRTUALCYCLING	CYCLING	VIRTUALCYCLING	CYCLING	VIRTUALCYCLING		
18.00	18.30	Box		HIIT		HIIT			
18.00	18.45	Sala 1			FITDANCE	FITDANCE			
18.00	18.55	Sala 1	LES MILLS BODYPUMP	è-QUILIBRIUM			è-NERGY		
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 BODYPUMP	è-FIGHT	è-FIGHT	LES MILLS BODYPUMP		
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	20.55	Sala 1		ZUMBA fitness	PILATES				
20.05	20.20	Sala 1	SIXPACK						
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	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING	VIRTUALCYCLING		
20.30	21.25	Box	CROSSTRaining						
20.30	21.25	Sala 1	LES MILLS BODYPUMP			LES MILLS BODYPUMP			

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.