



Horaris d'activitats dirigides

a partir del 7 de gener de 2026

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 BODYPUMP		PILATES		
7:15	8:10	èBOX		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 BODYPUMP		
8:30	9:25	èBOX	BODY BURN						
9:15	10:00	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM		
9:15	10:10	èBOX		IOGA					
9:30	10:00	èBOX	HIPOPRESSIUS						
9:30	10:15	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:30	10:15	Sala 1				POSTURAL			
9:30	10:15	èBOX			POSTURAL				
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		OMGlute				
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 BODYPUMP			
11:00	11:55	èBOX						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 BODYPUMP						
13:30	14:25	èBOX		BODY BURN		CROSSTRaining			
14:00	14:45	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING			
14:30	15:25	Sala 1			PILATES				
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	èBOX	CROSSTRaining						
15:30	16:25	Sala 1			LES MILLS BODYPUMP				
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	èBOX					CROSSTRaining		
17:30	18:00	Sala 1				BODY BURN			
17:30	18:00	èBOX	HIIT	OMGlute	OMGlute	OMGlute			
17:30	18:15	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18:00	18:30	èBOX		HIIT		HIIT			
18:00	18:45	Sala 1			FITDANCE	FITDANCE			
18:00	18:55	Sala 1	LES MILLS BODYPUMP	è-QUILIBRIUM			è-ENERGY		
18:00	18:55	èBOX	CROSSTRaining		IOGA		PILATES		
18:30	19:15	Sala 2	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
18:30	19:25	èBOX		CROSSTRaining		CROSSTRaining			
19:00	19:55	Sala 1		LES MILLS BODYPUMP	è-FIGHT	è-FIGHT	LES MILLS BODYPUMP		
19:00	19:55	èBOX	IOGA						
19:00	19:45	Piscina		AIGUAGIM	AIGUAGIM	AIGUAGIM			
19:15	20:00	Sala 1	FITDANCE						
19:30	19:45	Sala 2				SIXPACK			
19:30	20:15	Sala 2	CYCLING	CYCLING	CYCLING				
19:30	20:15	Piscina	AIGUAGIM				AIGUAGIM		
19:30	20:25	èBOX		CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining		
19:45	20:30	Piscina		AIGUAGIM	AIGUAGIM				
20:00	20:55	Sala 1			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	èBOX		HIIT	HIIT	HIIT			
20:30	21:15	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:30	21:25	Sala 1	LES MILLS BODYPUMP			LES MILLS BODYPUMP			
20:30	21:25	èBOX	CROSSTRaining						

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.