

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
M A T I									
07.15	08.00	S2	DUET CAMP		BODY PUMP		HIIT STRONG 30'		
07.15	08.00	S3				HBX BOXING			
07.15	08.00	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
07.30	07.45	SF	GAC 15'	RADIKAL 20'	ABDOMINALS 15'	GAC 15'			
07.30	08.15	PS	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM		
08.00	08.50	S4	IOGA						
08.30	09.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
08.30	08.50	SF	ABDOMINALS 15'	GAC 15'	FREE FIT 20'	ABDOMINALS 15'	ABDOMINALS 15'		
08.30	09.20	S2	ZUMBA	GLAM DANCE	PILATES	TONIFICACIO	PILATES		
08.30	09.20	S4		QIGONG	TAI-TXI	QIGONG	TAI-TXI		
08.30	09.15	PS	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM		
08.30	09.15	PG	AIGUES PROFUNDES		AIGUES PROFUNDES		AIGUES PROFUNDES		
09.30	10.15	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING VIRTUAL
09.30	09.45	SF	GAC 15'	ABDOMINALS 15'	ESTIRAMENTS 15'	GAC 15'	DST 15'	GAC 15'	
09.30	11.30	OU			CAMINATA				
09.30	10.20	S1		BODY BALANCE		BODY PUMP			
09.30	10.20	S2	BALLET FIT	CTC	ZUMBA	ESQUEJENA SANA	ZUMBA		
09.30	10.20	S4	TAI-TXI						
10.30	11.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.30	10.45	SF	GAC 15'	ABDOMINALS 15'	ABDOMINALS 15'	GAC 15'	ESTIRAMENTS 15'	ABDOMINALS 15'	ABDOMINALS 15'
10.30	11.20	S2	STEP	BODY PUMP	GAC	ZUMBA			
10.30	11.20	S1	IOGA	PILATES	IOGA	BALLET FIT	BODY PUMP	BODY PUMP	
11.30	12.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.30	11.45	SF	ABDOMINALS 15'	GAC 15'	ABDOMINALS 15'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	RADIKAL 20'
11.30	12.20	S1	GIM SUAU						
11.30	12.20	S2	IOGA	ESTIRAMENTS	DANSA DEL VENTRE	IOGA	BODY BALANCE	ZUMBA FAMILY	
12.00	12.45	PS			AIGUAGIM				
12.30	13.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12.30	12.45	SF	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	GAC 15'	ABDOMINALS 15'	GAC 15'	GAC 15'
12.30	13.20	S2	ESQUEJENA SANA	ZUMBA	GLAM DANCE	PILATES			
12.30	13.15	PS	AQUAMIX	AQUAMIX		AQUAMIX	AIGUAGIM		

MIGDIA									
13.00	13.45	PS			AQUAMIX				
13.30	14.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
13.30	13.45	SF	GAC 15'	GAC 15'	ABDOMINALS 15'	ABDOMINALS 15'	GAC 15'		
13.30	13.45	PS	AIGUAGIM						
14.30	15.15	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14.30	14.45	SF	ABDOMINALS 15'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'			
14.30	15.20	S2			BODY PUMP	DUET CAMP	HIIT STRONG 30'		
14.30	15.20	S3	HBX BOXING						
15.30	16.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15.30	15.45	SF	ABDOMINALS 15'	GAC 15'	ABDOMINALS 15'	GAC 15'	ABDOMINALS 15'		
15.30	16.20	S2	BODY PUMP	IOGA	ZUMBA	IOGA			

TARDA									
16.30	17.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16.30	16.45	SF	GAC 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'		
16.45	17.30	PS	AQUAMIX	AIGUAGIM	AIGUAGIM				
16.45	17.30	PG	AIGUES PROFUNDES		AIGUES PROFUNDES	AIGUES PROFUNDES			
17.00	17.50	S2	BODY PUMP	ZUMBA	BODY BALANCE	GAC	IOGA		
17.00	17.50	S4	TAI-TXI	PILATES	QIGONG	IOGA			
17.30	18.15	SC						CYCLING VIRTUAL	
17.30	17.45	SF	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	
17.30	18.20	S1	BALLET FIT						
18.00	18.50	S2	ZUMBA	BODY PUMP	CARDIO + STRONG HIIT	BODY COMBAT			
18.00	18.45	S3			HBX BOXING				
18.00	18.50	S4	IOGA	IOGA	IOGA	ESQUEJENA SANA			
18.00	18.25	SF		DUET WALKING 25'					
18.15	19.00	SC	CYCLING	CYCLING	CYCLING	CYCLING			
18.15	19.05	S2					BODY BALANCE		
18.15	19.00	S3		HBX BOXING		HBX BOXING			
18.30	19.15	SC					CYCLING	CYCLING VIRTUAL	
18.30	18.45	SF	ABDOMINALS 15'	FREE FIT 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	GAC 15'	
18.30	19.20	S1	STEP BASIC	GAC	BODY PUMP				
18.30	19.15	S3	HBX BOXING						
19.00	19.50	S1					STEP		
19.00	19.50	S2	BODY PUMP	BODY COMBAT	DUET CAMP	ZUMBA			
19.00	19.50	S4	IOGA II	ESTIRAMENTS	IOGA II	PILATES			
19.00	19.45	PS	AQUAMIX	AIGUAGIM	AQUAMIX	AIGUAGIM			
19.00	19.50	PG	DUET SWIMMERS						
19.00	20.00	OU		RUNNERS					
19.15	20.00	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL		
19.15	20.05	S2					BODY PUMP		
19.15	20.00	S3				HBX BOXING			
19.30	19.45	SF		ABDOMINALS 15'	ABDOMINALS 15'	FREE FIT 20'	RADIKAL 20'		
19.30	20.20	S1	DUET CAMP	GLAM DANCE	PILATES	BALLET FIT			
19.30	20.15	S3	HBX BOXING						
20.00	20.50	S2	BODY COMBAT	BODY BALANCE	GAC	BODY PUMP			
20.00	20.50	S4	ESQUEJENA SANA			IOGA			
20.00	20.45	PS	AIGUAGIM		AQUAMIX		AIGUAGIM		
20.00	20.45	PG		AIGUES PROFUNDES		AIGUES PROFUNDES			
20.15	21.05	S2					ZUMBA		
20.15	21.00	S3		HBX BOXING					
20.15	21.00	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL		
20.30	20.45	SF	ABDOMINALS 15'	FREE FIT 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'		
20.30	21.20	S1	PILATES	BALLET FIT	BODY COMBAT	GAC			
21.00	21.50	S2	GAC		BODY PUMP	BODY BALANCE			
21.15	22.00	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		

ESPAIS

S1 | SALA 1
 S2 | SALA 2
 S3 | SALA 3

SC | SALA CYCLING
 PS | PISCINA PETITA
 PG | PISCINA GRAN

S4 | SALA 4
 OU | EXTERIOR

SF | SALA FITNESS

TIPIUS D'ACTIVITAT
 CREMACALORIES
 TONIFICA
 PREVENÇIO I RELAX
 SALUT

