FITNESS FACTORY CLUB

**HORARI:**
De dilluns a divendres de 6:00 a 23:00h
Dissabte: de 9:00 a 21:00h
Diumenge: de 9:00 a 14:00h

**INFORMACIÓ:**
937 575 900
607 600 916
info@fitnessfactoryclub.com

# HORARI D'ACTIVITATS AADD

| | DILLUNS | | DIMARTS | | DIMECRES | | DIJOUS | | DIVENDRES | | DISSABTE | | DIUMENGE | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | HORA | ACTIVITAT | HORA | ACTIVITAT | HORA | ACTIVITAT | HORA | ACTIVITAT | HORA | ACTIVITAT | HORA | ACTIVITAT | HORA | ACTIVITAT |
| 7:00 | 7:00 | SPINNING | 7:00 | GLUTEBOOM | 7:00 | SPINNING | 7:00 | ESQUENA SANA | 7:00 | SPINNING | | | | |
| | | | 7:00 | CROSS TRAINING | 7:00 | T.B.C. | 7:00 | CROSS TRAINING | | | | | | |
| | | | | | | | 7:00 | FULL BODY | | | | | | |
| 8:00 | 8:00 | G.A.C. | 8:00 | PILATES | 8:00 | A. GYM | 8:00 | G.A.C. | 8:00 | BODYBALANCE | | | | |
| | 8:00 | A. GYM | | | | | | | 8:00 | A. GYM | | | | |
| 9:00 | 9:00 | AQUAFITNESS | 9:15 | A. GYM | 9:00 | AQUAFITNESS | 9:15 | A. GYM | 9:00 | AQUAFITNESS | 9:15 | CIRCUIT TRAINING | | |
| | 9:15 | HATHA IOGA | 9:30 | SPINNING | 9:30 | ESQUENA SANA | 9:30 | BODYBALANCE | 9:15 | PILATES | 9:30 | PILATES | | |
| | 9:15 | FUNCTIONAL TRAINING | 9:30 | PILATES | 9:30 | G.A.C. | 9:30 | SPINNING | 9:15 | FUNCTIONAL TRAINING | | | | |
| | 9:30 | BODYPUMP | | | | | | | 9:30 | ZUMBA | | | | |
| 10:00 | 10:00 | A. GYM | 10:30 | HATHA IOGA | 10:00 | A. GYM | 10:30 | HATHA IOGA | 10:30 | ESQUENA SANA | 10:00 | SPINNING | 10:30 | T.B.C. |
| | 10:30 | ESQUENA SANA | 10:30 | A. GYM | 10:30 | HIPOPRESSIUS | 10:30 | A. GYM | 10:30 | BODYPUMP | 10:30 | CIRCUIT FITNESS FEMENÍ | | |
| | 10:30 | T.B.C. | 10:30 | B. COMBAT NOU! | 10:30 | BODYPUMP NOU! | | | | | | | | |
| 11:00 | 11:30 | A. GYM | 11:30 | COS i MOVIMENT | 11:30 | A. GYM | 11:30 | COS i MOVIMENT | 11:30 | A. GYM | 11:00 | CROSS TRAINING | 11:30 | SPINNING |
| | 11:30 | COS i MOVIMENT | | | 11:30 | COS i MOVIMENT | | | | | 11:00 | BODYPUMP | | |
| 13:00 | | | 13:15 | CIRCUIT TRAINING | | | 13:15 | CIRCUIT TRAINING | | | | | | |
| 14:00 | | | 14:00 | G.A.C. | 14:00 | HBX boxing | 14:00 | BODYPUMP | | | | | | |
| 15:00 | 15:15 | CROSS TRAINING | 15:15 | SPINNING | 15:15 | T.B.C. STRONG | 15:15 | SPINNING | 15:15 | CROSS TRAINING | | | | |
| | 15:15 | G.A.C. | | | 15:15 | CROSS TRAINING | 15:15 | CROSS TRAINING | 15:15 | BODYPUMP | | | | |
| | 15:30 | A. GYM | | | 15:30 | A. GYM | | | | | | | | |
| 16:00 | | | 16:15 | A. GYM | | | 16:15 | A. GYM | | | | | | |
| 17:00 | 17:00 | BODYPUMP | 17:00 | PILATES | 17:00 | ESQUENA SANA | 17:15 | SPINNING | 17:00 | PILATES | | | | |
| | 17:00 | PILATES | 17:00 | CROSS TRAINING | | | 17:00 | CROSS TRAINING | 17:15 | G.A.C. | | | | |
| | | | 17:15 | SPINNING | | | 17:15 | TOTAL BODY G.A.C. NOU! | | | | | | |
| 18:00 | 18:15 | ESQUENA SANA | 18:00 | IOGA SUAU | 18:00 | PILATES | 18:00 | HATHA VINYASA | 18:00 | BODYPUMP | | | | |
| | 18:15 | G.A.C. | 18:00 | LATINO | 18:15 | JUMPING | 18:00 | B. COMBAT | 18:00 | YOGUILATES | | | | |
| | 18:15 | ZUMBA | 18:15 | CORE | | | 18:15 | ZUMBA | 18:15 | BANG! | | | | |
| | 18:15 | SPINNING | 18:15 | CIRCUIT TRAINING | | | 18:15 | CIRCUIT TRAINING | 18:15 | SPINNING | | | | |
| | | | | | | | 18:15 | SPINNING NOU! | | | | | | |
| 19:00 | 19:15 | A. GYM | 19:00 | PILATES | 19:00 | BODYBALANCE | 19:15 | CORE | 19:00 | HATHA VINYASA 1:30h | | | | |
| | 19:15 | HATHA VINYASA | 19:15 | B. ATTACK | 19:15 | B. COMBAT | 19:15 | SPINNING | 19:15 | A. GYM | | | | |
| | 19:15 | BODYPUMP | 19:15 | SPINNING | 19:15 | BANG! | 19:15 | ESQUENA SANA | 19:15 | CROSS TRAINING | | | | |
| | 19:15 | CROSS TRAINING | 19:15 | DANCE CARDIO | 19:15 | CROSS TRAINING | 19:15 | STEP | 19:15 | TONO | | | | |
| | 19:15 | PILATES FIT | 19:15 | AQUAFITNESS | 19:15 | SPINNING | 19:15 | HBX boxing | | | | | | |
| | 19:30 | SPINNING | | | 19:15 | HIGH INTENSITY | | | | | | | | |
| 20:00 | 20:15 | G.A.C. | 20:00 | HATHA VINYASA | 20:15 | BODYPUMP | 20:00 | CROSS TRAINING | | | | | | |
| | 20:15 | BANG! | 20:00 | HBX boxing | 20:15 | PILATES FIT | 20:15 | STRONG | | | | | | |
| | 20:15 | PILATES | 20:00 | CROSS TRAINING | | | 20:15 | ZUMBA | | | | | | |
| | | | 20:15 | BODYPUMP | | | | | | | | | | |
| | | | 20:15 | ZUMBA | | | | | | | | | | |