



## HORARI D'ACTIVITATS AADD

|        |       | DILLUNS                     |       | DIMARTS   |       | DIMECRES                     |       | DIJOUS                       |       | DIVENDRES                         |       | DISSABTE                     |  |
|--------|-------|-----------------------------|-------|---|-------|------------------------------|-------|------------------------------|-------|-----------------------------------|-------|------------------------------|--|
| SALES  | HORA  | ACTIVITAT                   | HORA  | ACTIVITAT                                       | HORA  | ACTIVITAT                    | HORA  | ACTIVITAT                    | HORA  | ACTIVITAT                         | HORA  | ACTIVITAT                    |  |
| SALA 1 |       |                             |       |   |       |                              |       |                              |       |                                   |       |                              |  |
| SALA 2 | 7:00  | <b>LES MILLS BODYPUMP</b>   | 7:00  | TOTAL BODY                                      | 7:00  | <b>LES MILLS BODYCOMBAT</b>  | 7:00  |                              | 7:00  | CROSS TRAINING                    | 7:00  |                              |  |
| SALA 3 |       |                             |       |   |       |                              |       |                              |       | SPINNING                          |       |                              |  |
| SALA 1 |       |                             |       | PILATES BARRE                                   |       |                              |       |                              |       | ESQUENA SANA                      |       |                              |  |
| SALA 2 | 8:00  | SPINNING                    | 8:00  |   | 8:00  | GAC                          | 8:00  | CROSS TRAINING               | 8:00  |                                   | 8:00  |                              |  |
| SALA 3 |       |                             |       |   |       |                              |       |                              |       |                                   |       |                              |  |
| SALA 1 |       | PILATES                     |       |   |       | PILATES                      |       |                              |       |                                   |       | YOGA RESTAURATIU             |  |
| SALA 2 | 9:15  | <b>ZUMBA</b>                | 9:15  | <b>LES MILLS BODYCOMBAT</b>                     | 9:15  | TOTAL BODY                   | 9:15  | <b>LES MILLS BODYPUMP</b>    | 9:15  | <b>CORE</b>                       | 9:15  |                              |  |
| SALA 3 |       |                             |       | SPINNING  |       |                              |       |                              |       | SPINNING                          |       | SPINNING                     |  |
| SALA 1 |       | HATHA YOGA                  |       | <b>LES MILLS BODYBALANCE</b>                    |       | HATHA YOGA                   |       | <b>LES MILLS BODYBALANCE</b> |       | PILATES                           |       | PILATES BARRE                |  |
| SALA 2 | 10:15 |                             | 10:15 | <b>LES MILLS BODYPUMP</b>                       | 10:15 | <b>CORE</b>                  | 10:15 | GAC                          | 10:15 | CROSS TRAINING                    | 10:15 | <b>LES MILLS BODYPUMP</b>    |  |
| SALA 3 |       | SPINNING                    |       |   |       |                              |       |                              |       |                                   |       | <b>LES MILLS BODYPUMP</b>    |  |
| SALA 1 |       | COS I MOVIMENT              |       | COS I MOVIMENT                                  |       | <b>LES MILLS BODYBALANCE</b> |       | COS I MOVIMENT               |       | PILATES BARRE                     |       | <b>LES MILLS BODYBALANCE</b> |  |
| SALA 2 | 11:15 |                             | 11:15 |   | 11:15 |                              | 11:15 |                              | 11:15 |                                   | 11:15 |                              |  |
| SALA 3 |       |                             |       |   |       |                              |       |                              |       |                                   |       |                              |  |
| SALA 1 |       |                             |       |   |       |                              |       |                              |       |                                   |       |                              |  |
| SALA 2 | 13:30 | <b>round</b>                | 13:30 |   | 13:30 | CROSS TRAINING               | 13:30 | TOTAL BODY                   | 13:30 | CROSS TRAINING                    | 13:30 |                              |  |
| SALA 3 |       |                             |       |   |       |                              |       |                              |       |                                   |       |                              |  |
| SALA 1 |       |                             |       |   |       |                              |       |                              |       |                                   |       |                              |  |
| SALA 2 | 15:15 | <b>LES MILLS BODYPUMP</b>   | 15:15 | <b>boxing</b>                                   | 15:15 | GAC                          | 15:15 | <b>CORE</b>                  | 15:15 | PILATES BARRE <b>M</b> TOTAL BODY | 15:15 |                              |  |
| SALA 3 |       |                             |       |   |       |                              |       |                              |       |                                   |       |                              |  |
| SALA 1 |       |                             |       |   |       | PILATES BARRE                |       |                              |       |                                   |       |                              |  |
| SALA 2 | 16:15 |                             | 16:15 | <b>LES MILLS BODYPUMP</b>                       | 16:15 |                              | 16:15 | <b>boxing</b>                | 16:15 |                                   | 16:15 |                              |  |
| SALA 3 |       |                             |       |   |       |                              |       |                              |       |                                   |       |                              |  |
| SALA 1 |       |                             |       |   |       |                              |       |                              |       |                                   |       |                              |  |
| SALA 2 | 17:15 | <b>boxing</b>               | 17:15 | GAC   | 17:15 | <b>CORE</b>                  | 17:15 | TOTAL BODY                   | 17:15 |                                   | 17:15 |                              |  |
| SALA 3 |       | SPINNING                    |       |   |       |                              |       |                              |       | SPINNING                          |       |                              |  |
| SALA 1 |       | ESQUENA SANA                |       | COS I MOVIMENT                                  |       | PILATES BARRE                |       | PILATES                      |       |                                   |       |                              |  |
| SALA 2 | 18:15 | <b>ZUMBA</b>                | 18:15 | <b>LES MILLS BODYSTEP</b>                       | 18:15 | <b>ZUMBA</b>                 | 18:15 | <b>LES MILLS BODYATTACK</b>  | 18:15 | <b>LES MILLS BODYPUMP</b>         | 18:15 |                              |  |
| SALA 3 |       |                             |       | SPINNING  |       |                              |       |                              |       |                                   |       |                              |  |
| SALA 1 |       | PILATES BARRE               |       | PILATES   |       | YOGA RESTAURATIU             |       | ESQUENA SANA                 |       |                                   |       |                              |  |
| SALA 2 | 19:15 | <b>LES MILLS BODYCOMBAT</b> | 19:15 | <b>LES MILLS BODYATTACK</b>                     | 19:15 | <b>LES MILLS BODYPUMP</b>    | 19:15 | <b>LES MILLS BODYSTEP</b>    | 19:15 | <b>LES MILLS BODYCOMBAT</b>       | 19:15 |                              |  |
| SALA 3 |       | SPINNING                    |       |   |       | SPINNING                     |       |                              |       |                                   |       |                              |  |
| SALA 1 |       | YOGA RESTAURATIU            |       | ESQUENA SANA                                    |       | PILATES                      |       |                              |       | <b>LES MILLS BODYBALANCE</b>      |       |                              |  |
| SALA 2 | 20:15 | <b>LES MILLS BODYPUMP</b>   | 20:15 | <b>MIXED boxing</b> <b>M</b> <b>MIXED round</b> | 20:15 | <b>LES MILLS BODYCOMBAT</b>  | 20:15 | <b>CORE</b>                  | 20:15 |                                   | 20:15 |                              |  |
| SALA 3 |       |                             |       |   |       |                              |       |                              |       |                                   |       |                              |  |



Activitats amb rotació SETMANAL, més info a l'APP



Activitats amb rotació MENSUAL, més info a l'APP