



HORARI D'ACTIVITATS DIRIGIDES

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE		DIUMENGE	
	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT
	7:00	SPINNING	7:00	GAC	7:00	SPINNING	7:00	ESQUENA SANA	7:00	SPINNING				
7:00					7:00	LES MILLES BODYPUMP	7:00	TOTAL BODY						
			7:00	CROSS TRAINING	7:00	CROSS TRAINING	7:00	CROSS TRAINING						
8:00		AQUAGYM	8:00	PILATES	8:00	AQUAGYM	8:00	GAC	8:00	AQUAGYM				
8:00		GAC							8:00	LES MILLES BODYBALANCE				
9:00		AQUAFITNESS	9:15	AQUAGYM	9:00	AQUAFITNESS	9:15	AQUAGYM	9:00	AQUAFITNESS				
9:00	9:15	FUNCTIONAL TRAINING	9:30	SPINNING	9:15	FUNCTIONAL TRAINING	9:30	SPINNING	9:15	FUNCTIONAL TRAINING	9:15	FUNCTIONAL TRAINING		
	9:15	HATHA IOGA	9:30	PILATES	9:30	ESQUENA SANA	9:30	LES MILLES BODYBALANCE	9:15	PILATES	9:30	PILATES		
	9:30	LES MILLES BODYPUMP			9:30	GAC			9:30	ZUMBA S.O.CORE				
			10:15	HYROX			10:15	HYROX						
10:00		AQUAGYM	10:30	AQUAGYM	10:00	AQUAGYM	10:30	AQUAGYM	10:30	LES MILLES BODYPUMP	10:00	SPINNING	10:00	TOTAL BODY
	10:30	ESQUENA SANA	10:30	HATHA IOGA	10:30	HIPOPRESSIUS	10:30	HATHA IOGA	10:30	ESQUENA SANA	10:30	CIRCUIT FITNESS FEMENI		
	10:30	TOTAL BODY	10:30	LES MILLES BODYCOMBAT	10:30	LES MILLES BODYPUMP	10:30	TOTAL BODY						
11:00	11:30	AQUAGYM	11:30	AQUAGYM	11:30	AQUAGYM	11:30	AQUAGYM	11:30	AQUAGYM	11:00	LES MILLES BODYPUMP	11:00	SPINNING
	11:30	ESQUENA SANA	11:30	COS I MOVIMENT	11:30	ESQUENA SANA	11:30	COS I MOVIMENT			11:00	CROSS TRAINING		
13:00			13:00	FUNCTIONAL TRAINING			13:00	FUNCTIONAL TRAINING						
14:00			14:00	GAC	14:00	HIIT boxing M round	14:00	LES MILLES BODYPUMP						
15:15		GAC	15:15	SPINNING	15:15	TOTAL BODY	15:15	SPINNING	15:15	LES MILLES BODYPUMP				
15:00	15:15	CROSS TRAINING			15:15	CROSS TRAINING	15:15	CROSS TRAINING	15:15	CROSS TRAINING				
	15:30	AQUAGYM			15:30	AQUAGYM								
16:00			16:15	AQUAGYM			16:15	AQUAGYM						
17:00		PILATES	17:00	PILATES	17:00	ESQUENA SANA	17:00	TOTAL BODY	17:00	PILATES				
17:00		LES MILLES BODYPUMP	17:15	SPINNING	17:00	HYROX	17:00	LES MILLES BODYBALANCE	17:00	GAC				
18:00		CROSS TRAINING	18:00	HATHA IOGA	18:00	PILATES	18:00	VINYASA IOGA	18:00	YOGUILATES				
18:00		ESQUENA SANA	18:15	LATINO	18:15	JUMPING	18:00	SPINNING	18:00	LES MILLES BODYPUMP				
18:00		GAC	18:15	CORE			18:00	LES MILLES BODYCOMBAT	18:15	SPINNING				
18:15		ZUMBA					18:15	ZUMBA	18:15	BANG!				
18:15		SPINNING												
19:15		VINYASA IOGA	19:00	PILATES	19:00	LES MILLES BODYBALANCE	19:00	CIRCUIT O.C.R.	19:00	VINYASA IOGA 1:30h				
19:15		LES MILLES BODYPUMP	19:00	CIRCUIT O.C.R.	19:15	LES MILLES BODYCOMBAT	19:00	HIIT boxing M round	19:15	TOTAL BODY				
19:15		AQUA INTENSITY	19:15	AQUA INTENSITY	19:15	AQUA INTENSITY	19:15	ESQUENA SANA	19:15	AQUA INTENSITY				
19:15		PILATES FIT	19:15	LES MILLES BODYATTACK	19:15	BANG!	19:15	ZUMBA	19:15	CROSS TRAINING				
19:15		CROSS TRAINING	19:15	DANCE CARDIO	19:15	CROSS TRAINING	19:15	CORE						
19:30		SPINNING	19:15	SPINNING	19:15	SPINNING	19:15	SPINNING						
20:15		GAC	20:00	VINYASA IOGA	20:15	LES MILLES BODYPUMP	20:00	CROSS TRAINING						
20:15		PILATES	20:00	CROSS TRAINING	20:15	PILATES	20:15	STRONG TRAINING						
20:15		BANG!	20:15	LES MILLES BODYPUMP										
			20:15	ZUMBA										



Activitats amb rotació SETMANAL, més info a TAPP



Activitats amb rotació MENSUAL, més info a TAPP