



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
6:00							6:45	FIT WALK OUTDOOR						
7:00		SPINNING	7:00	GAC	7:00	SPINNING	7:00	ESQUENA SANA	7:00	SPINNING				
7:00					7:00	LES MILLS BODYPUMP								
			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	8:30	LES MILLS CORE					8:00	LES MILLS BODYBALANCE				
9:00		AQUAFITNESS	9:15	AQUAGYM	9:00	AQUAFITNESS	9:15	AQUAGYM	9:00	AQUAFITNESS				
		FUNCTIONAL TRAINING	9:30	SPINNING	9:15	FUNCTIONAL TRAINING	9:30	SPINNING	9:15	FUNCTIONAL TRAINING	9:15	FUNCTIONAL TRAINING		
		HATHA IOGA	9:30	PILATES	9:30	ESQUENA SANA	9:30	LES MILLS BODYBALANCE	9:15	PILATES	9:30	PILATES		
		LES MILLS BODYPUMP			9:30	GAC			9:30	ZUMBA CORE				
10:00			10:15	HYROX			10:15	HYROX						
		AQUAGYM	10:30	AQUAGYM	10:00	AQUAGYM	10:30	AQUAGYM	10:30	LES MILLS BODYPUMP	10:00	SPINNING	10:00	TOTAL BODY
		ESQUENA SANA	10:30	HATHA IOGA	10:30	HIPOPRESSIUS	10:30	HATHA IOGA	10:30	ESQUENA SANA	10:30	CIRCUIT FITNESS FEMENI		
		TOTAL BODY	10:30	LES MILLS BODYCOMBAT	10:30	LES MILLS BODYPUMP	10:30	TOTAL BODY						
		AQUAGYM	11:30		11:30	AQUAGYM			11:30	AQUAGYM	11:00	LES MILLS BODYPUMP	11:00	SPINNING
		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 round	14:00	LES MILLS BODYPUMP						
15:00		GAC	15:15	SPINNING	15:15	TOTAL BODY	15:15	SPINNING	15:15	LES MILLS BODYPUMP				
		CROSS TRAINING			15:15	CROSS TRAINING	15:15	CROSS TRAINING	15:15	CROSS TRAINING				
		AQUAGYM			15:30	AQUAGYM								
16:00			16:15	AQUAGYM			16:15	AQUAGYM	16:15	30' LES MILLS CORE				
17:00		PILATES	17:00	PILATES	17:00	ESQUENA SANA	17:00	TOTAL BODY	17:00	VINYASA IOGA				
		LES MILLS BODYPUMP	17:15	SPINNING	17:00	HYROX	17:00	LES MILLS BODYBALANCE	17:00	GAC				
			18:00	HATHA IOGA	18:00	PILATES	18:00	VINYASA IOGA	18:00	PILATES BARRE				
		CROSS TRAINING	18:00	FUNCTIONAL TRAINING	18:00	CROSS TRAINING	18:00	FUNCTIONAL TRAINING	18:00					
18:00		ESQUENA SANA	18:15	LATINO	18:15	TOTAL BODY	18:00	SPINNING	18:00	LES MILLS BODYPUMP				
		GAC	18:15	LES MILLS CORE	18:15	SPINNING	18:00	LES MILLS BODYCOMBAT	18:15	SPINNING				
		ZUMBA			18:15		18:15	ZUMBA	18:15	BANG!				
		SPINNING												
19:00		VINYASA IOGA	19:00	PILATES BARRE	19:00	LES MILLS BODYBALANCE	19:00	CIRCUIT O.C.R.	19:00	VINYASA IOGA 1: 30h				
		LES MILLS BODYPUMP	19:00	CIRCUIT O.C.R.	19:15	LES MILLS BODYCOMBAT	19:00	HIIT boxing round	19:15	TOTAL BODY				
		AQUA INTENSITY	19:15	AQUA INTENSITY	19:15	AQUA INTENSITY	19:15	PILATES BARRE	19:15	AQUA INTENSITY				
		PILATES FIT	19:15	LES MILLS BODYATTACK	19:15	BANG!	19:15	ZUMBA CORE	19:15	CROSS TRAINING				
		CROSS TRAINING	19:15	DANCE CARDIO	19:15	CROSS TRAINING	19:15	CORE						
		SPINNING	19:15	SPINNING	19:15	SPINNING	19:15	SPINNING						
20:00		GAC	20:00	VINYASA IOGA	20:15	LES MILLS BODYPUMP	20:00	CROSS TRAINING						
		PILATES	20:00	CROSS TRAINING	20:15	PILATES	20:15	STRONG TRAINER						
		BANG!	20:15	LES MILLS BODYPUMP			20:15	LATINO						
			20:15	ZUMBA										



Activitats amb rotació SETMANAL, més info a TAPP



Activitats amb rotació MENSUAL, més info a TAPP