



Horaris d'activitats dirigides

a partir del 7 de gener de 2025

| Inici | Fi | Espai | Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
|-------|-------|-----------|----------------------|----------------------|----------------------|----------------------|----------------------|--------------------|-----------------|
| 7:10 | 7:55 | Sala 2 | CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | CYCLING | | |
| 7:10 | 7:55 | Sala 1 | | | HIIT | | | | |
| 7:10 | 8:05 | Sala 1 | | | | LES MILLS BODYPUMP | | | |
| 7:15 | 8:00 | P. Petita | | AIGUAGIM | | | | | |
| 8:15 | 9:00 | P. Petita | AIGUAGIM | AIGUAGIM | AIGUAGIM | AIGUAGIM | AIGUAGIM | | |
| 8:30 | 9:25 | Sala 1 | BODY BURN | | BODY BURN | | LES MILLS BODYPUMP | | |
| 8:30 | 9:15 | Sala 2 | | CYCLING | | CYCLING | | | |
| 8:30 | 9:00 | Sala 1 | | HIIT | | HIIT | | | |
| 9:00 | 9:15 | Sala 1 | | SIXPACK | | SIXPACK | | | |
| 9:00 | 9:30 | Sala 2 | HIPOPRESSIUS | | HIPOPRESSIUS | | HIPOPRESSIUS | | |
| 9:15 | 9:45 | Sala 3 | | ESTIRAMENTS | | ESTIRAMENTS | | | |
| 9:30 | 10:15 | Sala 2 | | | | | | CYCLING | |
| 9:30 | 10:25 | Sala 1 | LES MILLS BODYPUMP | LES MILLS BODYATTACK | è-QUILIBRIUM | LES MILLS BODYCOMBAT | | | |
| 9:30 | 10:15 | Sala 1 | | | | | FITDANCE | | |
| 10:00 | 10:45 | P. Gran | AIGUAGIM | | AIGUAGIM | | AIGUAGIM | | |
| 10:30 | 11:15 | Sala 1 | ZUMBA fitness | | è-CORE | | | | |
| 10:30 | 11:15 | Sala 2 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:30 | 11:25 | Sala 1 | | PILATES | | LES MILLS BODYPUMP | PILATES | LES MILLS BODYPUMP | |
| 11:15 | 12:00 | Sala 1 | | | PILATES | | | | |
| 11:15 | 12:10 | Sala 1 | è-QUILIBRIUM | | | | | | |
| 15:00 | 15:45 | P. Petita | AIGUAGIM | | | | AIGUAGIM | | |
| 15:15 | 16:00 | Sala 2 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 15:15 | 16:10 | Sala 1 | LES MILLS BODYPUMP | LES MILLS BODYATTACK | LES MILLS BODYCOMBAT | è-QUILIBRIUM | LES MILLS BODYPUMP | | |
| 17:00 | 17:25 | Sala 1 | | PILATES | | | | | |
| 17:30 | 18:15 | Sala 2 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 17:00 | 17:25 | Sala 1 | | | HIPOPRESSIUS | | | | |
| 17:30 | 18:25 | Sala 1 | LES MILLS BODYPUMP | | LES MILLS BODYPUMP | | LES MILLS BODYPUMP | | |
| 17:30 | 17:55 | Sala 1 | | | | è-CORE | | | |
| 18:00 | 18:55 | Sala 1 | | LES MILLS BODYPUMP | | è-QUILIBRIUM | | | |
| 18:30 | 19:25 | Sala 1 | LES MILLS BODYATTACK | | LES MILLS BODYPUMP | | LES MILLS BODYCOMBAT | | |
| 18:30 | 19:15 | Sala 2 | CYCLING | CYCLING | CYCLING | CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 19:00 | 19:45 | Sala 1 | | ZUMBA fitness | | è-CORE | | | |
| 19:15 | 20:00 | P. Petita | AIGUAGIM | AIGUAGIM | AIGUAGIM | AIGUAGIM | | | |
| 19:30 | 20:25 | Sala 1 | LES MILLS BODYPUMP | | LES MILLS BODYCOMBAT | | è-QUILIBRIUM | | |
| 19:30 | 20:15 | Sala 2 | CYCLING | CYCLING | CYCLING | CYCLING | VIRTUAL CYCLING | | |
| 19:50 | 20:45 | Sala 1 | | è-QUILIBRIUM | | | | | |
| 19:50 | 20:35 | Sala 1 | | | | FITDANCE | | | |
| 20:30 | 21:15 | Sala 2 | VIRTUAL CYCLING | | VIRTUAL CYCLING | | | | |
| 20:45 | 21:30 | Sala 1 | | è-CORE | | LES MILLS BODYPUMP | | | |

SEMPRE AL TEU RITME

La Direcció podrà, quan ho consideri necessari o per causes alienes al centre, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen. Una sessió podrà no impartir-se per impossibilitat de substitució.