



## HORARIS

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:00h. PILATES	07:00h. ESTIRAMENTS	07:00h. CARDIO CIRCUIT	07:00h. ESTIRAMENTS	07:00h. ZUMBA
08:10h. TRAINING CIRCUIT	08:10h. ZUMBA	08:10h. PILATES	08:10h. MANTENIMENT	08:10h. BIKE
08:10h. BIKE	08:10h. MANTENIMENT			
09:15h. ZUMBA	09:15h. ZUMBA	09:15h. MANTENIMENT	09:15h. GAC	09:15h. PILATES
09:15h. MANTENIMENT	09:15h. HIPOPRESSIUS	09:15h. BIKE	09:15h. PILATES	
10:15h. GAC	10:15h. TBC	10:15h. TONO	10:15h. THERABAN	10:15h. GAC
	10:15h. PILATES	10:15h. ESTIRAMENTS	10:15h. HIPOPRESSIUS	
11:15h. HIPOPRESSIUS	11:15h. IOGA	11:15h. HIPOPRESSIUS	11:15h. ESTIRAM-RELAX	11:15h. THERABAN
16:30h. ESTIRAMENTS	16:30h. TONIFIC. FUNC.	16:30h. PILATES	16:30h. GAC	16:30h. CROSS TRAINING
17:30h. GAC	17:30h. PILATES	17:30h. THERABAN	17:30h. ZUMBA	17:30h. ZUMBA
	17:30h. - 18:00h. ABDOMIN Exprés	17:30h. IOGA		17:30h. IOGA-PILATES
17:45h. - 18:30h. CARDIO BOX (45')	18:00h.-19:30h. RETO BIKE	17:45h. - 18:30h. CARDIO HIIT (45')	17:45h. - 18:30h. CARDIO BOX (45')	17:45h. - 18:30h. CARDIO HIIT (45')
18:30h. TONO	18:30h. THERABAN	18:30h. TONO	18:30h. ZUMBA	18:30h. ZUMBA
18:30h. BIKE	18:30h - 20:00h RUNNING	18:30h. HIPOPRESSIUS	18:30h - 20:00h RUNNING	18:30h. HIPOPRESSIUS
		18:30h. BIKE	18:30h. - 20:00h. RETO BIKE	18:30h. BIKE
19:30h. CARDIO HIIT	19:30h. CARDIO HIIT	19:30h. GAC	19:30h. POWER PUMP	19:30h. TONO
19:30h. CAPOEIRA		19:30h. CAPOEIRA		19:30h. CAPOEIRA
19:30h. BIKE	19:30h. BIKE	19:30h. BIKE		19:30h. BIKE
20:30h. PILATES	20:30h. ESTIRAM-RELAX	20:30h. PILATES		

### DISSABTE

08:30h. - 12:00h.

**RUNNING**

10:15h.-11:45h.

**ESPECIAL BIKE**

Dissabtes  
dies imparells

### SALES

Sala d'activitats dirigides

Sala polivalent

Sala de cycling

Sala de fitness

Exterior

### OBSERVACIONS

- Totes les activitats tenen una durada aproximada de 55', excepte les especificades.
- Cal portar tovallola a totes les classes.
- Es recomana descansar entre sessions, portar aigua i anar hidratant-se.