

Vàlid a partir del 6 d'abril
HORARI ESPECIAL

| Inici | Final | Espai | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|-------|---------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------------|-----------------------|-----------------------|
| 07.15 | 08.00 | SALA B | BODYBALANCE | BODYCOMBAT VIRTUAL | BODYPUMP | SH'BAM VIRTUAL | LESMILLS CORE | | |
| 08.00 | 08.45 | SALA A | IOGA | | IOGA | | | | |
| 08.00 | 08.45 | SALA B | BODYCOMBAT VIRTUAL | BODYBALANCE VIRTUAL | BODYPUMP VIRTUAL | LESMILLS CORE VIRTUAL | SH'BAM VIRTUAL | | |
| 08.15 | 09.00 | SALA B | | | | | | BODYBALANCE VIRTUAL | |
| 09.00 | 09.30 | OUTDOOR 1 | | | GRIT SERIES | | | | |
| 09.00 | 09.45 | SALA B | PILATES | BODYPUMP VIRTUAL | PILATES | BODYBALANCE VIRTUAL | ESTIRAMENTS | LESMILLS CORE VIRTUAL | |
| 09.00 | 09.45 | OUTDOOR CYCLE | | BODYCOMBAT | | | | | |
| 09.15 | 10.00 | SALA B | | | | | | | SH'BAM VIRTUAL |
| 09.15 | 10.00 | OUTDOOR 1 | SH'BAM | SENIORS | | | BODYPUMP | | |
| 09.15 | 10.00 | OUTDOOR CYCLE | | | | BODYATTACK | | | |
| 09.30 | 10.00 | OUTDOOR 1 | | | LESMILLS CORE | | | | |
| 10.00 | 10.45 | SALA B | LESMILLS CORE VIRTUAL | BODYBALANCE | SENIORS | ESTIRAMENTS | TOTALFIT | SH'BAM VIRTUAL | LESMILLS CORE VIRTUAL |
| 10.15 | 11.00 | OUTDOOR 1 | BODYPUMP | TOTALFIT | | | BODYCOMBAT | | |
| 10.15 | 11.00 | OUTDOOR CYCLE | TOTALFIT | | BODYJAM | SH'BAM | TXI KUNG | | |
| 11.00 | 11.45 | OUTDOOR 1 | | | | | | BODYPUMP | |
| 11.00 | 11.45 | SALA B | PILATES | BODYPUMP VIRTUAL | PILATES | LESMILLS CORE VIRTUAL | BODYBALANCE VIRTUAL | BODYPUMP VIRTUAL | BODYCOMBAT VIRTUAL |
| 11.15 | 12.00 | OUTDOOR CYCLE | | RITMES LLATINS | | | | | |
| 11.15 | 12.00 | OUTDOOR 1 | | IOGA | | BODYBALANCE | | | |
| 11.15 | 12.30 | OUTDOOR 1 | TAI TXI | | TAI TXI | | TAI TXI | | |
| 12.00 | 12.45 | OUTDOOR CYCLE | | | | | | BODYBALANCE | |
| 12.00 | 12.45 | SALA B | BODYPUMP VIRTUAL | BODYCOMBAT VIRTUAL | LESMILLS CORE VIRTUAL | SH'BAM VIRTUAL | BODYBALANCE VIRTUAL | BODYCOMBAT VIRTUAL | BODYBALANCE VIRTUAL |
| 13.00 | 13.45 | SALA B | LESMILLS CORE VIRTUAL | BODYBALANCE VIRTUAL | BODYCOMBAT VIRTUAL | BODYPUMP VIRTUAL | SH'BAM VIRTUAL | BODYBALANCE VIRTUAL | BODYPUMP VIRTUAL |
| 14.00 | 14.45 | OUTDOOR 1 | | | | | BOXING TRAINING | | |
| 14.00 | 14.45 | SALA B | LESMILLS CORE VIRTUAL | BODYBALANCE VIRTUAL | BODYPUMP VIRTUAL | SH'BAM VIRTUAL | BODYBALANCE VIRTUAL | LESMILLS CORE VIRTUAL | |
| 14.15 | 14.45 | OUTDOOR 1 | | | | BODYPUMP 30' | | | |
| 14.15 | 15.00 | OUTDOOR 1 | | WORKOUT | | | | | |
| 14.15 | 15.00 | OUTDOOR CYCLE | BODYBALANCE | | SH'BAM | | | | |
| 15.00 | 15.30 | OUTDOOR 1 | | | | LESMILLS CORE | | | |
| 15.00 | 15.45 | SALA B | LESMILLS CORE VIRTUAL | BODYCOMBAT VIRTUAL | BODYPUMP VIRTUAL | SH'BAM VIRTUAL | BODYBALANCE VIRTUAL | | |
| 15.30 | 16.15 | OUTDOOR CYCLE | TOTALFIT | | | | | | |
| 16.00 | 16.45 | SALA B | SH'BAM VIRTUAL | LESMILLS CORE VIRTUAL | BODYBALANCE VIRTUAL | BODYPUMP VIRTUAL | BODYCOMBAT VIRTUAL | SH'BAM VIRTUAL | |
| 17.00 | 17.45 | SALA A | | PILATES | | PILATES | | | |
| 17.00 | 17.45 | OUTDOOR 1 | IOGA | | IOGA | | | | |
| 17.00 | 17.45 | SALA B | LESMILLS CORE VIRTUAL | BODYCOMBAT VIRTUAL | SH'BAM VIRTUAL | BODYPUMP VIRTUAL | BODYBALANCE VIRTUAL | BODYPUMP VIRTUAL | |
| 17.15 | 18.00 | OUTDOOR 1 | | BODYPUMP | | TOTALFIT | WORKOUT | | |
| 18.00 | 18.45 | SALA B | BODYBALANCE VIRTUAL | LESMILLS CORE VIRTUAL | LESMILLS CORE | BODYCOMBAT VIRTUAL | SH'BAM VIRTUAL | BODYBALANCE VIRTUAL | |
| 18.00 | 18.55 | OUTDOOR | | | | FUNCTIONAL RUNNING | | | |
| 18.15 | 19.00 | OUTDOOR 1 | BODYPUMP | BODYSTEP | RITMES LLATINS | SH'BAM | BODYPUMP | | |
| 18.30 | 19.25 | OUTDOOR | | | FUNCTIONAL RUNNING | | | | |
| 19.00 | 19.45 | OUTDOOR 1 | | | | | BODYJAM | | |
| 19.00 | 19.45 | SALA B | LESMILLS CORE VIRTUAL | | BODYBALANCE | BODYBALANCE VIRTUAL | BODYBALANCE | | |
| 19.00 | 19.55 | OUTDOOR | | | | | | | |
| 19.15 | 20.00 | OUTDOOR 1 | BODYCOMBAT | | BODYPUMP | TOTALFIT | | | |
| 19.15 | 20.00 | SALA B | | SH'BAM | | | | | |
| 19.30 | 20.15 | OUTDOOR 1 | | BOXING TRAINING | | | | | |
| 20.00 | 20.45 | OUTDOOR 1 | BOXING TRAINING | | | BOXING TRAINING | | | |
| 20.00 | 20.45 | SALA A | | IOGA | | IOGA | | | |
| 20.15 | 20.45 | SALA A | PILATES 30' | | PILATES 30' | | | | |
| 20.15 | 20.45 | SALA B | BODYPUMP 30' | | | BODYPUMP 30' | | | |
| 20.15 | 20.45 | OUTDOOR CYCLE | | BODYCOMBAT 30' | BODYATTACK 30' | | | | |

HORARI ESPECIAL PISCINA

| Inici | Final | Espai | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE |
|-------|-------|---------|---------------|---------------|---------------|---------------|---------------|-----------|
| 07.45 | 08.15 | PISCINA | AIGUATONO 30' | AIGUAMIX 30' | AIGUATONO 30' | AIGUAMIX 30' | | |
| 08.15 | 09.00 | PISCINA | AIGUAMIX | AIGUATONO | AIGUAMIX | AIGUAMIX | AIGUAMIX | |
| 09.15 | 09.45 | PISCINA | AIGUAMIX 30' | AIGUAMIX 30' | AIGUAMIX 30' | AIGUAMIX 30' | AIGUAMIX 30' | |
| 09.45 | 10.15 | PISCINA | AIGUATONO 30' | AIGUATONO 30' | AIGUATONO 30' | AIGUATONO 30' | AIGUATONO 30' | |
| 10.00 | 10.45 | PISCINA | | | | | | AIGUAMIX |
| 10.15 | 10.45 | PISCINA | | AIGUAMIX 30' | | AIGUAMIX 30' | AIGUAMIX 30' | |
| 10.45 | 11.15 | PISCINA | | AIGUATONO 30' | | AIGUATONO 30' | AIGUATONO 30' | |
| 11.00 | 11.45 | PISCINA | | | | | | AIGUATONO |
| 11.15 | 12.00 | PISCINA | AIGUATONO | | AIGUAMIX | | | |
| 12.15 | 13.00 | PISCINA | AIGUAMIX | | AIGUATONO | | AIGUAMIX | |
| 18.15 | 19.00 | PISCINA | | AIGUAMIX | | | | |
| 19.15 | 19.45 | PISCINA | | | | | AIGUAMIX 30' | |
| 19.15 | 20.00 | PISCINA | AIGUATONO | | AIGUATONO | | AIGUATONO 30' | |

HORARI ESPECIAL GROUP CYCLE

| Inici | Final | Espai | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE |
|-------|-------|---------------|------------|------------|------------|------------|------------|------------|
| 09.30 | 10.15 | OUTDOOR CYCLE | GROUPCYCLE | | GROUPCYCLE | | GROUPCYCLE | |
| 10.00 | 10.45 | OUTDOOR CYCLE | | | | | | GROUPCYCLE |
| 10.30 | 11.15 | OUTDOOR CYCLE | | GROUPCYCLE | | | | |
| 18.30 | 19.15 | OUTDOOR CYCLE | GROUPCYCLE | GROUPCYCLE | GROUPCYCLE | GROUPCYCLE | GROUPCYCLE | |
| 19.30 | 20.15 | OUTDOOR CYCLE | GROUPCYCLE | GROUPCYCLE | GROUPCYCLE | GROUPCYCLE | GROUPCYCLE | |

HORARI ESPECIAL GROUP CYCLE VIRTUAL

| Primera Sessió | Última Sessió | Espai | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|----------------|---------------|-------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| 07.30 | 19.30 | GROUP CYCLE | GROUPCYCLE VIRTUAL | GROUPCYCLE VIRTUAL | GROUPCYCLE VIRTUAL | GROUPCYCLE VIRTUAL | GROUPCYCLE VIRTUAL | | |
| 08.30 | 18.30 | GROUP CYCLE | | | | | | GROUPCYCLE VIRTUAL | |
| 09.30 | 13.30 | GROUP CYCLE | | | | | | | GROUPCYCLE VIRTUAL |

De dilluns a divendres començaran les sessions a les 7.30 del matí, i a cada hora és farà una sessió, fins a les 19.30h, que serà l'última sessió.

Dissabte, farem el mateix, de 8.30 a 18.30 i diumenges de 9.30 a 13.30.

Podeu veure la tipologia de cada classe a la Programació de Group Cycle a la web i a l'entrada de la classe.

VESTUARIS OBERTS!

OBLIGATORI FER ÚS DE LA MASCARETA DINTRE DE LES INSTAL·LACIONS I A LES ACTIVITATS INDOOR (EXCEPTE A LA PISCINA I ZONES OUTDOOR).

HORARIS NOVA NORMATIVA

DE DILLUNS A DIVENDRES

CENTRE ESPORTIU DE 7 A 21H

CAP DE SETMANA

DISSABTE DE 8 A 20H

DIUMENGE I FESTIUS DE 9 A 14.30H

ESPAYS ESPORTIUS TANCAN 30 MINUTS ABANS DEL TANCAMENT DEL CENTRE.

El centre es reserva el dret de modificar el programa d'activitats dirigides.
No es podrà entrar a fer l'activitat una vegada passats 10 minuts del seu inici.
Cal fer reserva prèviament a la teva àrea d'abonat/da.