

HORARI

Vàlid a partir de l'1 d'agost de 2022

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.15	08.00	SALA GC	BODYPUMP VIRTUAL	SH'BAM VIRTUAL	LES MILLS CORE 30' VIRTUAL	BODYCOMBAT VIRTUAL	BODYBALANCE VIRTUAL		
08.15	09.00	SALA B	BODYCOMBAT VIRTUAL	LES MILLS CORE 30' VIRTUAL	BODYPUMP VIRTUAL	BODYBALANCE VIRTUAL	SH'BAM VIRTUAL	BODYBALANCE VIRTUAL	
09.00	09.55	SALA A		ESTIRAMENTS	PILATES	IOGA			
09.15	10.00	SALA B	TOTALFIT	BODYPUMP	BODYCOMBAT 55'	LES MILLS CORE	BODYBALANCE 55'	LES MILLS CORE 30' VIRTUAL	BODYPUMP VIRTUAL
09.15	10.00	PISCINA	AIGUATONO		AIGUAMIX		AIGUATONO		
09.15	10.00	SALA GC	GROUP CYCLE						
10.00	10.55	SALA A	PILATES	TOTALFIT 45'	ESTIRAMENTS	BODYBALANCE	IOGA		
10.15	11.00	SALA B	BODYPUMP	LES MILLS CORE	SH'BAM	BODYCOMBAT 55'		BODYCOMBAT VIRTUAL	BODYCOMBAT VIRTUAL
10.15	11.00	SALA GC					GROUP CYCLE		
10.15	11.00	PISCINA	AIGUAMIX	AIGUATONO	AIGUAMIX	AIGUATONO	AIGUAMIX		
11.00	11.55	SALA A	BODYBALANCE	IOGA					
11.15	12.00	SALA B	LES MILLS CORE 30' VIRTUAL	BODYCOMBAT VIRTUAL	TOTALFIT	BODYPUMP VIRTUAL	BODYBALANCE VIRTUAL	BODYPUMP VIRTUAL	BODYBALANCE VIRTUAL
11.15	12.00	PISCINA		AIGUAMIX		AIGUATONO			
12.15	13.00	SALA B	BODYBALANCE VIRTUAL	LES MILLS CORE 30' VIRTUAL	BODYCOMBAT VIRTUAL	SH'BAM VIRTUAL	BODYPUMP VIRTUAL	BODYBALANCE VIRTUAL	LES MILLS CORE 30' VIRTUAL
13.15	14.00	SALA B	BODYPUMP VIRTUAL	BODYBALANCE VIRTUAL	LES MILLS CORE 30' VIRTUAL	BODYCOMBAT VIRTUAL	SH'BAM VIRTUAL	LES MILLS CORE 30' VIRTUAL	SH'BAM VIRTUAL
14.15	15.00	SALA B	SH'BAM VIRTUAL	BODYPUMP VIRTUAL	BODYBALANCE VIRTUAL	LES MILLS CORE 30' VIRTUAL	BODYCOMBAT VIRTUAL	SH'BAM VIRTUAL	
15.15	16.00	SALA B	BODYCOMBAT VIRTUAL	SH'BAM VIRTUAL	BODYPUMP VIRTUAL	BODYBALANCE VIRTUAL	LES MILLS CORE 30' VIRTUAL	BODYBALANCE VIRTUAL	
16.15	17.00	SALA B	LES MILLS CORE 30' VIRTUAL	BODYBALANCE VIRTUAL	BODYCOMBAT VIRTUAL	BODYPUMP VIRTUAL	BODYBALANCE VIRTUAL	LES MILLS CORE 30' VIRTUAL	
17.00	17.55	SALA		IOGA	PILATES		BODYBALANCE		
17.15	18.00	SALA B	BODYPUMP	LES MILLS CORE 30' VIRTUAL	SH'BAM VIRTUAL	TOTALFIT	BODYCOMBAT VIRTUAL	BODYCOMBAT VIRTUAL	
18.00	18.45	SALA GC			GROUP CYCLE				
18.15	19.00	SALA B	BODYBALANCE 55'	BODYPUMP	LES MILLS CORE	SH'BAM	TOTALFIT	BODYPUMP VIRTUAL	
18.15	19.00	PISCINA		AIGUAMIX					
18.30	19.15	SALA GC	GROUP CYCLE			GROUP CYCLE			
19.00	19.45	SALA GC		GROUP CYCLE					
19.00	19.55	SALA			BODYBALANCE				
19.15	20.00	SALA B	BODYATTACK	TOTALFIT	BODYPUMP	BODYCOMBAT 55'	SH'BAM VIRTUAL		
19.15	20.00	SALA		BODYJAM 55'		ESTIRAMENTS			
19.15	20.00	PISCINA	AIGUAMIX		AIGUATONO				
20.00	20.45	SALA A	ESTIRAMENTS	IOGA 55'		BODYBALANCE 55'			
20.15	21.00	SALA B	BODYPUMP VIRTUAL		BODYCOMBAT 55'	LES MILLS CORE 30' VIRTUAL	BODYBALANCE VIRTUAL		
21.15	22.00	SALA B	BODYBALANCE VIRTUAL	LES MILLS CORE 30' VIRTUAL	SH'BAM VIRTUAL	BODYPUMP VIRTUAL	BODYCOMBAT VIRTUAL		

Recorda que les classes s'han de reservar previament a la teva àrea d'abonat/da a la nostra web.