

HORARI

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.15	08.00	SALA GC				GROUP CYCLE			
07.15	08.00	SALA B	BODYPUMP	SH'BAM VIRTUAL		BODYCOMBAT VIRTUAL	BODYBALANCE 55'		
07.30	08.00	SALA B			LES MILLS CORE				
08.00	08.45	SALA A	IOGA 55'	PILATES	IOGA 55'	PILATES			
08.15	09.00	SALA B	BODYCOMBAT VIRTUAL	BODYPUMP VIRTUAL		SH'BAM VIRTUAL	BODYCOMBAT VIRTUAL	BODYBALANCE VIRTUAL	
08.30	09.00	SALA B			GRIT SERIES				
09.00	09.45	SALA A	BODYBALANCE 55'	ESTIRAMENTS	PILATES	IOGA	BALLET FITNESS		
09.00	09.45	SALA B			BODYCOMBAT 55'				
09.15	10.00	SALA B	TOTALFIT	BODYATTACK		BODYPUMP	LES MILLS CORE	BODYCOMBAT VIRTUAL	BODYPUMP VIRTUAL
09.15	10.00	OUTDOOR SALA GC	GROUP CYCLE		GROUP CYCLE		GROUP CYCLE		
10.00	10.45	SALA GC						GROUP CYCLE	
10.00	10.45	SALA A	PILATES	BALLET FITNESS	SENIORS	BODYBALANCE 55'	TXI KUNG		
10.15	11.00	OUTDOOR SALA GC	BODYPUMP	TOTALFIT	BODYJAM	SH'BAM	BODYCOMBAT 55'		
10.15	11.00	SALA B						LES MILLS CORE 30' VIRTUAL	BODYCOMBAT VIRTUAL
11.15	12.00	SALA A		IOGA 55'		ESTIRAMENTS			
11.00	11.45	SALA B						BODYPUMP	
11.15	12.30	SALA A OUTDOOR	TAI TXI		TAI TXI		TAI TXI		
11.15	12.00	SALA B	SENIORS	RITMES LLATINS	PILATES	BODYPUMP VIRTUAL	BODYBALANCE VIRTUAL		BODYBALANCE VIRTUAL
11.30	13.30	OUTDOOR				MARXA NORDICA			
12.00	12.45	SALA B						BODYBALANCE 55'	
12.15	13.00	SALA B	BODYPUMP VIRTUAL	BODYBALANCE VIRTUAL	BODYCOMBAT VIRTUAL	LES MILLS CORE VIRTUAL	SH'BAM VIRTUAL		LES MILLS CORE VIRTUAL
13.15	14.00	SALA B	BODYCOMBAT VIRTUAL	LES MILLS CORE VIRTUAL	BODYPUMP VIRTUAL	SH'BAM VIRTUAL	BODYBALANCE VIRTUAL	BODYCOMBAT VIRTUAL	SH'BAM VIRTUAL
14.00	14.45	OUTDOOR					BOXING TRAINING		
14.15	15.00	SALA B OUTDOOR	BODYBALANCE VIRTUAL	TOTALFIT	SH'BAM	BODYPUMP	BODYPUMP VIRTUAL	LES MILLS CORE VIRTUAL	
14.15	15.00	SALA A	BODYBALANCE 55'						
15.15	16.00	SALA B	BODYPUMP VIRTUAL	BODYCOMBAT VIRTUAL	BODYBALANCE VIRTUAL	LES MILLS CORE VIRTUAL	SH'BAM VIRTUAL	BODYBALANCE VIRTUAL	
16.15	17.00	SALA B	BODYCOMBAT VIRTUAL	LES MILLS CORE VIRTUAL	BODYPUMP VIRTUAL	BODYCOMBAT VIRTUAL	BODYBALANCE VIRTUAL	SH'BAM VIRTUAL	
17.00	17.45	SALA A	PILATES	IOGA 55'	PILATES	IOGA 55'			
17.15	18.10	OUTDOOR					FUNCTIONAL RUNNING		
17.15	18.00	SALA B	BODYBALANCE VIRTUAL	BODYPUMP	LES MILLS CORE VIRTUAL	TOTALFIT	BODYCOMBAT VIRTUAL	BODYPUMP VIRTUAL	
18.00	18.45	SALA A			RITMES LLATINS		ESTIRAMENTS		
18.15	19.00	SALA B	BODYPUMP	FUNCTIONAL STEP	LES MILLS CORE	SH'BAM	BODYPUMP	BODYCOMBAT VIRTUAL	
18.00	18.50	OUTDOOR			FUNCTIONAL RUNNING				
18.00	18.45	OUTDOOR SALA GC			GROUP CYCLE				
18.30	19.15	OUTDOOR SALA GC	GROUP CYCLE	GROUP CYCLE		GROUP CYCLE	GROUP CYCLE		
19.00	19.45	SALA A			BODYBALANCE 55'				
19.15	20.00	SALA B	BODYATTACK	SH'BAM	BODYPUMP		BODYJAM		
19.15	20.00	SALA A				BALLET FITNESS			
19.00	19.45	OUTDOOR SALA GC			GROUP CYCLE				
19.30	20.15	OUTDOOR SALA GC	GROUP CYCLE	GROUP CYCLE		GROUP CYCLE			
19.30	20.15	OUTDOOR		WORKOUT					
19.30	20.15	SALA K		BOXING TRAINING					
20.10	20.55	OUTDOOR 1	BOXING TRAINING			BOXING TRAINING			
20.15	21.00	SALA A	PILATES	IOGA 55'	PILATES	BODYBALANCE 55'			
20.15	21.00	SALA B	BODYBALANCE 55'	LES MILLS CORE	BODYCOMBAT 55'		SH'BAM VIRTUAL		
21.15	22.00	SALA B	BODYBALANCE VIRTUAL	BODYPUMP VIRTUAL	LES MILLS CORE VIRTUAL	BODYCOMBAT VIRTUAL	LES MILLS CORE VIRTUAL		

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

HORARI PISCINA

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
08.15	09.00	PISCINA	AIGUAMIX	AIGUATONO	AIGUAHIIT	AIGUATONO	AIGUATONO	
09.15	10.00	PISCINA	AIGUATONO	AIGUAHIIT	AIGUAMIX	AIGUATONO	AIGUAMIX	
10.00	10.45	PISCINA						AIGUAMIX
10.15	11.00	PISCINA		AIGUATONO		AIGUAHIIT	AIGUATONO	
11.15	12.00	PISCINA	AIGUAGYM		AIGUAMIX		AIGUATONO	
18.15	19.00	PISCINA		AIGUAMIX				
19.15	20.00	PISCINA	AIGUATONO		AIGUAHIIT		AIGUAMIX	

HORARI GROUP CYCLE VIRTUAL

Primera Sessió	Última Sessió	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.15	20.30	GROUP CYCLE	GROUPCYCLE VIRTUAL	GROUPCYCLE VIRTUAL	GROUPCYCLE VIRTUAL	GROUPCYCLE VIRTUAL	GROUPCYCLE VIRTUAL		
08.15	18.30	GROUP CYCLE						GROUPCYCLE VIRTUAL	
09.30	13.30	GROUP CYCLE							GROUPCYCLE VIRTUAL

Pots veure l'horari exacte i amb la tipologia de cada classe, tant de Virtuals com amb Monitors, a la Programació de Group Cycle a la web i a l'entrada de la classe.