

	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
7.15	BEST CYCLING SALA CYCLING	IOGA DINÀMIC SALA 1	BEST CYCLING SALA CYCLING	FESTIU	FESTIU	
8.30	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING			
9.00		HIPOPRESSIUS SALA 1				IOGA SALA 1
9.30	BODYPUMP SALA 1	GYM SUAU SALA 1	AQUAGYM PISCINA MITJANA			BEST CYCLING SALA CYCLING
10.30	ZUMBA SALA 1	AQUAGYM PISCINA MITJANA	IOGA SALA 1			BEST CYCLING SALA CYCLING
11.30	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING			BEST CYCLING SALA CYCLING
	OPEN CROSS SALA FUNCIONAL	OPEN CROSS SALA FUNCIONAL				
14.00	BODYPUMP SALA 1		FUNCIONAL SALA FUNCIONAL			
15.15		IOGA DINÀMIC SALA 1	IOGA DINÀMIC SALA 1			
16.15		HIPOPRESSIUS SALA 1	HIPOPRESSIUS SALA 1			
	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING			
17.30	BEST CYCLING SALA CYCLING	GAC SALA 1	BEST CYCLING SALA CYCLING			
			OPEN CROSS SALA FUNCIONAL			
			FUNCIONAL SALA 1			
18.30	BODYPUMP SALA 1	TRX SALA FUNCIONAL				
	INDOOR CYCLING SALA CYCLING	PILATES SALA 1	INDOOR CYCLING SALA CYCLING			
19.30	BODYCOMBAT SALA 1	INDOOR CYCLING SALA CYCLING	BODYCOMBAT SALA 1			
	TRX SALA FUNCIONAL	CROSS TRAINING ESPAI EXTERIOR				
	AQUAGYM PISCINA MITJANA					
20.30	CROSS TRAINING ESPAI EXTERIOR	CORE TRAINING SALA 1				
	IOGA SALA 1					

FORÇA / RESISTÈNCIA

CARDIO

COS/MENT

AQUÀTIQUES

FAMILIAR

INFANTIL