



ACTIVITATS DIRIGIDES JULIOL 2025

| HORA | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DIA | DISSABTES | |
|-------------------|---|---|--|--|--|-----|--|--|
| 7:00 | 07:00 - 07:45 (sala 3) CYCLING | 07:00 - 07:45 (sala 1) GAC | 07:00 - 07:45 (sala 1) TONO | | 07:00 - 07:45 (sala 1) BODYPUMP | 5 | 10:00-10:45 (sala 1) TONO | |
| 8:00 | 08:30 - 09:15 (sala 1) BODYPUMP | 08:30 - 09:15 (sala 3) CYCLING | 08:30 - 09:15 (SALA CARDIO) OMNIA | 08:30 - 09:15 (sala 1) HIIT | 08:30 - 09:15 (sala 1) CORE | | 11:00-11:45 (sala 1) ZUMBA | |
| 9:00 | 09:30 - 10:15 (sala1) ZUMBA | 09:30 - 10:15 (sala 1) TONO | 09:30 A 10:15 (sala 1) BODYPUMP | 09:30 - 10:15 (sala 1) ZUMBA | 09:30 - 10:15 (sala 1) GAC | 12 | 10:00-10:45 (sala 1) BODYPUMP | |
| | 09:30 - 10:15 (sala 1) MASTER TONO | | | | 09:30 - 10:15 (sala 8) MASTER TONO | | 11:00-11:45 (sala 1) BODYCOMBAT | |
| 10:00 | 10:30 - 11:00 (sala 1) HIPOPRESIUS | | 10:30 - 11:00 (sala 1) HIPOPRESIUS | | 10:30 - 11:15 (sala 1) CORPORE | 19 | 10:00-10:45 (sala 1) GAC | |
| MIG DIA | | | | | | | 11:00-11:45 (Sala cardio) OMNIA | |
| 13:00 | 13:30 - 14:15 (sala 1) BODYPUMP | 13:30 - 14:15 (sala 3) CYCLING | 13:30 - 14:15 (sala 1) HIIT | 13:30 - 14:15 (sala 3) CYCLING | 13:30 - 14:15 (Sala cardio) OMNIA | | | |
| 15:00 | 15:15 - 16:00 (SALA CARDIO) OMNIA | | 15:15 - 16:00 (sala 1) BODYPUMP | | 15:15 - 16:00 (sala 1) TONO | 26 | 10:00-10:45 (sala 1) HIIT | |
| TARDA | | | | | | | 11:00-11:45 (sala 1) ZUMBA | |
| 17:00 | 17:30 - 18:15 (sala 1) ZUMBA | 17:30 - 18:15 (sala 1) TONO | 17:30 - 18:15 (sala 1) BODYPUMP | 17:30 - 18:15 (sala 1) CORPORE | 17:30 - 18:15 (sala 1) GAC | | | |
| | | | | | | | | |
| 18:00 | 18:30 - 19:15 (Sala 1) HIIT | 18:30 - 19:15 (Sala 8) CORPORE | 18:30 - 19:15 (sala 1) CORE | 18:30 - 19:15 (Sala cardio) OMNIA | 18:30 - 19:15 (Sala 1) Bodypump | | | |
| | 18:30 - 19:15 (Sala 8) HIPOPRESIUS /ABD | 18:30 - 19:15 (Sala 1) CORE | 18:30 - 19:15 (Sala 8) TOTAL BODY | 18:30 - 19:15 (sala 1) BODYCOMBAT | 18:30 - 19:15 (Sala 3) CYCLING | | | |
| | | 18:30 - 19:15 (Sala 3) CYCLING | | | | | | |
| 19:00 | 19:30 - 20:15 (Sala 1) BODYCOMBAT | 19:30 - 20:15 (Sala 1) BODYPUMP | 19:30 - 20:15 (sala 1) ZUMBA | 19:30 - 20:15 (Sala 1) BODYPUMP | | | | |
| | 19:30 - 20:15 (sala 3) CYCLING | 19:30 - 20:15 (sala 8) ZUMBA | 19:30 - 20:15 (SALA CARDIO) OMNIA | 19:30 - 20:15 (sala 3) CYCLING/DUO | 19:30 - 20:15 (sala 1) ZUMBA | | | |
| AQUÀTIQUES | | | | | | | | |
| HORA | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | | | |
| 8:00 | 08:00 - 08:45 Aqua Dynamic | | 08:00 - 08:45 Aqua Dynamic | | 08:00 - 08:45 Aqua Dynamic | | | |
| 9:00 | 09:15 - 10:00 Aqua Dynamic | 09:15 - 10:00 Aquagym | 09:15 - 10:00 Aqua Dynamic | 09:15 - 10:00 Aquagac | 09:15 - 10:00 Aqua Dynamic | | | |
| 11:00 | 11:00 - 11:45 Aquamaster | | 11:00 - 11:45 Aquamaster | | 11:00 - 11:45 Aquamaster | | | |
| 18:00 | 18:30 - 19:15 Aqua Dynamic | 18:30 - 19:15 Aquagac | 18:30 - 19:15 Aqua Dynamic | 18:30 - 19:15 Aquagym | 18:30 - 19:15 Aqua Dynamic | | | |

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| AQUÀTIQUES | CARDIOVASCULAR | COREOGRAFIADES | BODY-MIND | TONIFICACIÓ MUSCULAR |
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LA DIRECCIÓ ES RESERVA EL DRET DE FER QUAISEVOL CANVI.