



ACTIVITATS DIRIGIDES SETEMBRE 2025

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DIA	DISSABTES	
7:00	07:00 - 07:45 (sala3) CYCLING	07:00 - 07:45 (sala 1) GAC	07:00 - 07:45 (sala 1) TONO		07:00 - 07:45 (sala 1) BODYPUMP	6	10:00-10:45 (sala 1) BODYPUMP	
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 3) CYCLING/DUO	
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	13	10:00-10:45 (sala 3) GAC	
	09:30 - 10:15 (sala 8) MASTER TONO				09:30 - 10:15 (sala 8) MASTER TONO		11:00 - 11:45 (Sala cardio) OMNIA	
10:00	10:30 - 11:00 (sala 1) HIPOPRESIUS		10:30 - 11:00 (sala 1) HIPOPRESIUS		10:30 - 11:15 (sala 1) CORPORE	20	10:00-10:45 (sala 1) BODYPUMP	
MIG DIA								
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		11:00-11:45 (sala 1) BODYCOMBAT	
15:00	15:15 - 16:00 (SALA CARDIO) OMNIA		15:15 - 16:00 (sala 1) BODYPUMP		15:15 - 16:00 (sala 1) TONO		10:00-10:45 (sala 1) TONO	
TARDA							27	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 1) CORE	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) CORPORE	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	A PARTIR DEL 17 SETEMBRE	08:00 - 08:45 Aqua Dynamic	A PARTIR DEL 17 SETEMBRE	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			

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