



ACTIVITATS DIRIGIDES

AGOST 2026

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:00	07:00 - 07:45 (sala 1) GAC		07:00 - 07:45 (sala 1) TONO		07:00 - 07:45 (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) TONO	08:30 - 09:15 (sala 1) CORE
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) 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
TARDA					
17:00	17:30 - 18:15 (sala 1) GAC	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
			17:30 - 18:15 (sala 3) CYCLING		
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 1) BODYCOMBAT	18:30 - 19:15 (Sala 1) Bodypump
				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 1) ZUMBA
	19:30 - 20:15 (sala 3) CYCLING				
AQUÀTIQUES		CARDIOVASCULAR	COREOGRAFIADES	BODY-MIND	TONIFICACIÓ MUSCULAR

LA DIRECCIÓ ES RESERVA EL DRET DE FER QUALSEVOL CANVI.