ACTIVITATS DIRIGIDES
NOVEMBRE 2026

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DIA	DISSABTES
7:00	07:00 - 07:45 (sala 1) GAC		07:00 - 07:45 (sala 1) TONO	07:00 - 07:45 (s. cardio) OMNIA	07:00 - 07:45 (sala 1) BODYPUMP	7	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 1) BODYCOMBAT
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	14	10:00-10:45 (sala 1) TONO
	09:30 - 10:15 (sala 8) MASTER TONO			09:30 - 10:15 (S. CARDIO) HYBRID	09:30 - 10:15 (sala 8) MASTER TONO		11:00 - 11:45 (SALA 1) ZUMBA
10:00	10:30 - 11:00 (sala 1) HIPOPRESIUS		10:30 - 11:00 (sala 1) HIPOPRESIUS		10:30 - 11:15 (sala 1) CORPORE	21	10:00-10:45 (sala 1) BODYPUMP
MIGDIA							11:00 - 11:45 (Sala cardio) HYBRID
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	28	10:00-10:45 (sala 1) TONO
TARDA							11:00 - 11:45 (S. CARDIO) OMNIA
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 (S. CARDIO) HYBRID		17:30-18:15 (S. CARDIO) HYBRID				
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 8) 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		
		19:30-20:15 (S. CARDIO) HYBRID					

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

AQUÀTIQUES	CARDIOVASCULAR	COREOGRAFIADES	BODY-MIND	TONIFICACIÓ MUSCULAR

LA DIRECCIÓ ES RESERVA EL DRET DE FER QUALSEVOL CANVI.