

HORA	SALA	DILLUNS	HORA	SALA	DIMARTS	HORA	SALA	DIMECRES	HORA	SALA	DIJOUS	HORA	SALA	DIVENDRES	HORA	SALA	DISSABTE	HORA	SALA	DIUMENGE
06.10	CROSS	CROSSGIM 45'	06.10	BOXING	HBX BOXING 40'	06.10	CROSS	CROSSGIM 45'	06.10	BOOT CAMP	BOOTCAMP 45'	06.10	CROSS	CROSSGIM 45'						
07.00	STREET CYCLE	STREETCYCLING 45'	07.00	THEATRE	BODYPUMP 55'	07.00	STREET CYCLE	STREETCYCLING 45'	07.00	ZEN	PILATES 45'									
07.00	BOOT CAMP	BOOTCAMP 45'	07.00	CROSS	CROSSGIM 45'	07.00	BOOT CAMP	BOOTCAMP 45'	07.00	CROSS	CROSSGIM 45'	07.00	BOOT CAMP	BOOTCAMP 45'						
08.10	CROSS	CROSSGIM 45'	08.10	BOOT CAMP	BOOTCAMP 45'	08.10	CROSS	CROSSGIM 45'	08.10	THE JAIL	SCULPT 45'	08.10	THE JAIL	JAILTRAINING 45'	08.10	BOXING	HBX BOXING 40'	08.20	THEATRE	BODYPUMP 55'
09.10	ZEN	Gimnàstica REHABILITACIÓ 50'	09.10	BOXING	HBX BOXING 40'	09.10	ZEN	Gimnàstica REHABILITACIÓ 50'	09.10	BOXING	HBX BOXING 40'				09.10	STREET CYCLE	STREETCYCLING 45'	09.10	BOOT CAMP	BOOTCAMP 45'
09.20	BOOT CAMP	BOOTCAMP 45'	09.20	CROSS	CROSSGIM 45'	09.20	BOOT CAMP	BOOTCAMP 45'	09.20	CROSS	CROSSGIM 45'	09.20	BOOT CAMP	BOOTCAMP 45'						
09.30	STREET CYCLE	STREETCYCLING 45'	09.30	ZEN	Hatha YOGA 60'	09.30	STREET CYCLE	STREETCYCLING 45'	09.30	ZEN	Hatha YOGA 60'	09.30	STREET CYCLE	STREETCYCLING 45'				09.30	STREET CYCLE	STREETCYCLING 45'
09.30	THEATRE	GAP 55'	09.30	THEATRE	BODYPUMP 55'	09.30	THEATRE	GAP 55'				09.30	THEATRE	BODYPUMP 55'						
10.00	PISCINA	AQUADYNAMIC 45'				10.00	PISCINA	AQUADYNAMIC 45'				10.00	PISCINA	AQUADYNAMIC 45'				10.00	ZEN	Hatha YOGA XL 90'
10.10	THE JAIL	JAILTRAINING 45'	10.10	THE JAIL	SCULPT 45'	10.10	THE JAIL	JAILTRAINING 45'	10.10	THE JAIL	SCULPT 45'				10.10	PISCINA	AQUADYNAMIC 45'	10.10	THE JAIL	JAILTRAINING 45'
10.10	ZEN	PILATES 45'				10.10	ZEN	PILATES 45'							10.10	ZEN	PILATES 45'	10.30	THEATRE	BODYCOMBAT 55'
10.10	CROSS	CROSSGIM 45'	10.10	CROSS	WOD 60'	10.10	CROSS	CROSSGIM 45'	10.10	CROSS	WOD 60'	10.10	CROSS	CROSSGIM 45'	11.00	CROSS	CROSSGIM 45'	11.00	CROSS	CROSSGIM 45'
13.30	STREET CYCLE	STREETCYCLING 45'	13.30	THEATRE	BODYPUMP 55'	13.30	BOOT CAMP	BOOTCAMP 45'	13.30	CROSS	CROSSGIM 45'									
14.15	CROSS	CROSSGIM 45'				14.15	CROSS	CROSSGIM 45'												
15.15	BOOT CAMP	BOOTCAMP 45'	15.15	CROSS	CROSSGIM 45'							15.15	BOOT CAMP	BOOTCAMP 45'						
16.10	THE JAIL	JAILTRAINING 45'				16.10	THE JAIL	JAILTRAINING 45'				16.10	THE JAIL	JAILTRAINING 45'						
17.00	THEATRE	GAP 55'	17.00	THEATRE	BODYPUMP 55'				17.00	THEATRE	BODYCOMBAT 55'	17.00	THEATRE	BODYJAM 55'						
17.10	CROSS	CROSSGIM 45'	17.10	BOOT CAMP	BOOTCAMP 45'	17.10	CROSS	CROSSGIM 45'	17.10	BOOT CAMP	BOOTCAMP 45'	17.10	CROSS	CROSSGIM 45'						
17.10	STREET CYCLE	STREETCYCLING 45'				17.10	STREET CYCLE	STREETCYCLING 45'												
18.00	CROSS	WOD 60'	18.00	CROSS	CROSSGIM 45'	18.00	CROSS	WOD 60'	18.00	CROSS	CROSSGIM 45'	18.00	CROSS	WOD 60'						
18.10	THE JAIL	JAILTRAINING 45'				18.10	THE JAIL	JAILTRAINING 45'												
18.10	BOOT CAMP	BOOTCAMP 45'	18.10	BOXING	HBX BOXING 40'	18.10	BOOT CAMP	BOOTCAMP 45'	18.10	BOXING	HBX BOXING 40'									
18.10	THEATRE	ZUMBA 55'	18.10	THEATRE	SH'BAM 45'	18.10	THEATRE	BODYPUMP 55'	18.10	THEATRE	SH'BAM 45'	18.10	THEATRE	GAP 55'						
18.30	PISCINA	AQUADYNAMIC 45'	18.30	STREET CYCLE	STREETCYCLING 45'	18.30	PISCINA	AQUADYNAMIC 45'	18.30	STREET CYCLE	STREETCYCLING 45'									
19.00	BOXING	HBX BOXING 40'	19.00	CROSS	WOD 60'				19.00	CROSS	WOD 60'									
19.10	ZEN	PILATES 45'	19.10	ZEN	Ashtanga YOGA 60'	19.10	ZEN	PILATES 45'	19.10	ZEN	Hatha YOGA 60'	19.10	ZEN	PILATES 45'						
19.10	THE JAIL	SCULPT 45'	19.10	THE JAIL	JAILTRAINING 45'	19.10	THE JAIL	SCULPT 45'												
19.10	CROSS	CROSSGIM 45'	19.10	BOOT CAMP	BOOTCAMP 45'	19.10	CROSS	CROSSGIM 45'	19.10	BOOT CAMP	BOOTCAMP 45'	19.10	CROSS	CROSSGIM 45'						
19.20	THEATRE	BODYPUMP 55'	19.20	THEATRE	GAP 55'	19.20	THEATRE	BODYCOMBAT 55'	19.20	THEATRE	BODYPUMP 55'	19.20	THEATRE	ZUMBA 55'						
19.40	STREET CYCLE	STREETCYCLING 45'				19.40	STREET CYCLE	STREETCYCLING 45'												
20.10	CROSS	ABDOMINALS 20'	20.10	CROSS	CROSSGIM 45'	20.10	BOOT CAMP	BOOTCAMP 45'	20.10	CROSS	CROSSGIM 45'	20.10	CROSS	ABDOMINALS 20'						



Descarrega les novetats, actualitzacions i la descripció de les activitats en aquest QR.

HORARI AQUA

Dill. a div. 6h a 22h
(Ús vestuaris fins 22:30)

Dissabtes, diumenges i festius 8h a 14h

EL GIMNÀS Nº 1
EN ACTIVITATS DIRIGIDES

604 classes mensuals