

| 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 | SPINNING Outdoor 45' | 07.00 | THEATRE | BODYPUMP 55' | 07.00 | STREET CYCLE | SPINNING Outdoor 45' | 07.00 | ZEN | PILATES 45' | 07.00 | STREET CYCLE | SPINNING Outdoor 45' | | | | | | | |
| 07.00 | BOOT CAMP | BOOTCAMP 45' | 07.00 | CROSS | CROSSGIM 45' | 07.00 | THEATRE | GAP 55' | 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 | BOOT CAMP | BOOTCAMP 45' | 08.10 | THE JAIL | JAIL Outdoor 45' | 08.10 | BOXING | HBX BOXING 40' | 08.20 | THEATRE | GAP 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 | SPINNING Outdoor 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 | SPINNING Outdoor 45' | 09.30 | ZEN | Hatha YOGA 60' | 09.30 | STREET CYCLE | SPINNING Outdoor 45' | 09.30 | ZEN | Hatha YOGA 60' | 09.30 | STREET CYCLE | SPINNING Outdoor 45' | | | | | 09.30 | STREET CYCLE | SPINNING Outdoor 45' |
| 09.30 | THEATRE | GAP 55' | 09.30 | THEATRE | BODYPUMP 55' | 09.30 | THEATRE | BODYCOMBAT 55' | 09.30 | THEATRE | SH'BAM 45' | 09.30 | THEATRE | BODYPUMP 55' | | | | | 09.30 | THEATRE | BODYPUMP 55' |
| 10.00 | PISCINA | AQUADYNAMIC 45' | 10.00 | PISCINA | AQUADYNAMIC 45' | 10.00 | PISCINA | AQUADYNAMIC 45' | | | | 10.00 | PISCINA | AQUADYNAMIC 45' | 10.10 | PISCINA | AQUADYNAMIC 45' | 10.00 | ZEN | Hatha YOGA XL 90' | |
| 10.10 | THE JAIL | JAIL Outdoor 45' | 10.10 | THE JAIL | SCULPT Outdoor 45' | 10.10 | THE JAIL | JAIL Outdoor 45' | 10.10 | THE JAIL | SCULPT Outdoor 45' | | | | | | | | 10.10 | THE JAIL | JAIL Outdoor 45' |
| 10.10 | ZEN | PILATES 45' | 10.10 | CROSS | WOD 60' | 10.10 | ZEN | PILATES 45' | 10.10 | CROSS | WOD 60' | 10.10 | ZEN | PILATES 45' | 10.10 | ZEN | PILATES 45' | | | | |
| 10.10 | CROSS | CROSSGIM 45' | 10.10 | BOOT CAMP | BOOTCAMP 45' | 10.10 | CROSS | CROSSGIM 45' | 10.10 | BOOT CAMP | BOOTCAMP 45' | 10.10 | CROSS | CROSSGIM 45' | | | | | 10.40 | THEATRE | BODYCOMBAT 55' |
| 10.30 | THEATRE | BODYPUMP 55' | 10.30 | THEATRE | BODYCOMBAT 55' | 10.30 | THEATRE | ZUMBA 55' | | | | | | | | | | | 11.00 | CROSS | CROSSGIM 45' |
| | | | | | | | | | | | | | | | | | | | | | |
| 13.30 | STREET CYCLE | SPINNING Outdoor 45' | 13.30 | THEATRE | GAP 55' | 13.30 | BOOT CAMP | BOOTCAMP 45' | 13.30 | CROSS | CROSSGIM 45' | 13.30 | STREET CYCLE | SPINNING Outdoor 45' | | | | | | | |
| 14.15 | CROSS | CROSSGIM 45' | 14.15 | BOOT CAMP | BOOTCAMP 45' | 14.15 | THEATRE | BODYPUMP 55' | | | | 14.15 | THEATRE | BODYCOMBAT 55' | | | | | | | |
| 15.15 | BOOT CAMP | BOOTCAMP 45' | 15.15 | CROSS | CROSSGIM 45' | 15.15 | THE JAIL | JAIL Outdoor 45' | 15.15 | THEATRE | GAP 55' | 15.15 | BOOT CAMP | BOOTCAMP 45' | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | |
| 16.00 | THEATRE | BODYPUMP 55' | 16.00 | THEATRE | BODYCOMBAT 55' | 16.00 | THEATRE | GAP 55' | | | | | | | | | | | | | |
| 16.10 | THE JAIL | JAIL Outdoor 45' | 16.10 | THE JAIL | JAIL Outdoor 45' | 16.10 | THE JAIL | JAIL Outdoor 45' | | | | 16.10 | THE JAIL | JAIL Outdoor 45' | | | | | | | |
| 17.00 | THEATRE | GAP 55' | 17.00 | THEATRE | BODYPUMP 55' | 17.00 | THEATRE | ZUMBA 55' | 17.00 | THEATRE | BODYCOMBAT 55' | 17.00 | THEATRE | BODYJAM 55' | | | | | | | |
| 17.10 | STREET CYCLE | SPINNING Outdoor 45' | 17.10 | ZEN | PILATES 45' | 17.10 | STREET CYCLE | SPINNING Outdoor 45' | 17.10 | ZEN | PILATES 45' | | | | | | | | | | |
| 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' | | | | | | | |
| 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' | | | | | | | |
| 18.00 | ZEN | Hatha YOGA 60' | 18.00 | ZEN | Antigravity 60' | 18.00 | ZEN | Hatha YOGA 60' | | | | 18.00 | ZEN | Antigravity 60' | 18.00 | BOOT CAMP | BOOTCAMP 45' | | | | |
| 18.10 | THE JAIL | JAIL Outdoor 45' | 18.10 | THE JAIL | SCULPT Outdoor 45' | 18.10 | THE JAIL | JAIL Outdoor 45' | 18.10 | BOXING | HBX BOXING 40' | | | | | | | | | | |
| 18.10 | BOOT CAMP | BOOTCAMP 45' | 18.10 | BOOT CAMP | BOOTCAMP 45' | 18.10 | BOOT CAMP | BOOTCAMP 45' | | | | | | | | | | 18.00 | THEATRE | BODYPUMP 55' | |
| 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' | | | | | | | |
| 18.10 | PISCINA | AQUADYNAMIC 45' | | | | 18.10 | PISCINA | AQUADYNAMIC 45' | | | | | | | | | | | | | |
| 18.30 | STREET CYCLE | SPINNING Outdoor 45' | 18.30 | STREET CYCLE | SPINNING Outdoor 45' | 18.30 | STREET CYCLE | SPINNING Outdoor 45' | 18.30 | STREET CYCLE | SPINNING Outdoor 45' | | | | | | | | | | |
| 19.00 | BOXING | HBX BOXING 40' | 19.00 | CROSS | WOD 60' | 19.00 | BOXING | HBX BOXING 40' | 19.00 | CROSS | WOD 60' | | | | 19.00 | CROSS | CROSSGIM 45' | | | | |
| 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 Outdoor 45' | 19.10 | THE JAIL | JAIL Outdoor 45' | 19.10 | THE JAIL | SCULPT Outdoor 45' | 19.10 | THE JAIL | JAIL Outdoor 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 | BODYCOMBAT 55' | 19.20 | THEATRE | GAP 55' | 19.20 | THEATRE | SH'BAM 45' | 19.20 | THEATRE | BODYPUMP 55' | 19.20 | THEATRE | ZUMBA 55' | 19.20 | STREET CYCLE | SPINNING Outdoor 45' | | | | |
| 19.40 | STREET CYCLE | SPINNING Outdoor 45' | 19.40 | STREET CYCLE | SPINNING Outdoor 45' | 19.40 | STREET CYCLE | SPINNING Outdoor 45' | | | | 19.40 | STREET CYCLE | SPINNING Outdoor 45' | | | | | | | |
| 20.10 | CROSS | HALTERO 40' | 20.10 | BOXING | HBX BOXING 40' | 20.10 | CROSS | HALTERO 40' | | | | | | | | | | | | | |
| 20.10 | BOOT CAMP | BOOTCAMP 45' | 20.10 | CROSS | CROSSGIM 45' | 20.10 | BOOT CAMP | BOOTCAMP 45' | 20.10 | CROSS | CROSSGIM 45' | | | | | | | | | | |
| 20.20 | THEATRE | BODYPUMP 55' | 20.20 | THEATRE | SH'BAM 45' | 20.20 | THEATRE | BODYCOMBAT 55' | | | | | | | | | | | | | |
| 21.00 | CROSS | CROSSGIM 45' | | | | 21.00 | CROSS | CROSSGIM 45' | | | | | | | | | | | | | |

180 CLASSES MENSUALS
OUTDOOR

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)
Diss. 8h a 14h - 17h a 21h
Dium. i festius 8h a 14h

EL GIMNÀS Nº 1
EN ACTIVITATS DIRIGIDES

804 classes mensuals