

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'	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	ABDOMINALS 20'	20.10	BOXING	HBX BOXING 40'	20.10	CROSS	ABDOMINALS 20'																		
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