

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 45'	07.00	THEATRE	BODYPUMP 55' ▶	07.00	STREET CYCLE	SPINNING 45'	07.00	ZEN	PILATES 45' ▶	07.00	STREET CYCLE	SPINNING 45'							
07.00	CROSS	WOD 60'				07.00	CROSS	WOD 60'													
07.00	BOOT CAMP	BOOTCAMP 45'	07.00	CROSS	CROSSGIM 45'	07.00	BOXING	HBX BOXING 40'	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	JAIL 45'	08.10	BOXING	HBX BOXING 40'	09.00	THEATRE	BODYPUMP 55' ▶	
09.10	ZEN	Gimnàstica REHABILITACIÓ 50' ▶	09.20	CROSS	CROSSGIM 45'	09.10	ZEN	Gimnàstica REHABILITACIÓ 50' ▶	09.20	CROSS	CROSSGIM 45'				09.10	STREET CYCLE	SPINNING 45'	09.10	BOOT CAMP	BOOTCAMP 45'	
09.20	BOOT CAMP	BOOTCAMP 45'	09.30	THEATRE	BODYPUMP 55' ▶	09.20	BOOT CAMP	BOOTCAMP 45'	09.30	THEATRE	SH'BAM 45' ▶	09.20	BOOT CAMP	BOOTCAMP 45'							
09.30	STREET CYCLE	SPINNING 45'	09.30	ZEN	Hatha YOGA 60' ▶	09.30	STREET CYCLE	SPINNING 45'	09.30	ZEN	Hatha YOGA 60' ▶	09.30	STREET CYCLE	SPINNING 45'				09.30	STREET CYCLE	SPINNING 45'	
09.30	THEATRE	GAP 55' ▶	09.30	BOXING	HBX BOXING 40'							09.30	THEATRE	BODYPUMP 55' ▶				10.00	THEATRE	BODYCOMBAT 55' ▶	
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	ZEN	PILATES 45' ▶				10.10	ZEN	PILATES 45' ▶	10.10	CROSS	WOD 60'							10.10	THE JAIL	TRX BOOSTER 45' NEW	
10.10	CROSS	CROSSGIM 45'	10.30	THEATRE	BODYCOMBAT 55' ▶	10.10	CROSS	CROSSGIM 45'	10.30	THEATRE	BODYBALANCE 55' ▶	10.10	CROSS	CROSSGIM 45'	10.10	BOOT CAMP	BOOTCAMP 45'				
			10.30	BOOT CAMP	BOOTCAMP 45'				10.30	BOOT CAMP	BOOTCAMP 45'										
11.00	CROSS	WOD 60'	11.00	THE JAIL	SCULPT 45'							11.00	THE JAIL	SCULPT 45'	11.00	CROSS	CROSSGIM 45'	11.00	CROSS	CROSSGIM 45'	
13.30	STREET CYCLE	SPINNING 45'				13.30	BOOT CAMP	BOOTCAMP 45'	13.30	CROSS	CROSSGIM 45'							12.00	CROSS	ABDOMINALS 20'	
14.15	CROSS	CROSSGIM 45'	14.15	BOOT CAMP	BOOTCAMP 45'	14.15	THEATRE	BODYPUMP 55' ▶	14.15	THEATRE	BODYATTACK 55' ▶	14.15	THEATRE	BODYCOMBAT 55' ▶							
15.15	BOOT CAMP	BOOTCAMP 45'	15.15	CROSS	CROSSGIM 45'							15.15	BOOT CAMP	BOOTCAMP 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 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'																
18.10	BOOT CAMP	BOOTCAMP 45'				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	STREET CYCLE	SPINNING 45'				18.30	STREET CYCLE	SPINNING 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	PISCINA	AQUADYNAMIC 45'				19.00	PISCINA	AQUADYNAMIC 45'													
19.00	THE JAIL	TRX BOOSTER 45' NEW	19.00	BOXING	STRETCH & FLEXIBILITY 45'				19.00	BOXING	STRETCH & FLEXIBILITY 45'										
19.10	ZEN	PILATES 45' ▶	19.10	ZEN	Ashtanga YOGA 60' ▶	19.10	ZEN	PILATES 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	BODYATTACK 55' ▶	19.20	THEATRE	BODYCOMBAT 55' ▶	19.20	THEATRE	BODYPUMP 55' ▶	19.20	THEATRE	ZUMBA 55' ▶							
19.40	STREET CYCLE	SPINNING 45'				19.40	STREET CYCLE	SPINNING 45'													
20.10	CROSS	ABDOMINALS 20'	20.10	CROSS	CROSSGIM 45'	20.10	CROSS	ABDOMINALS 20'	20.10	CROSS	CROSSGIM 45'										
									20.20	THEATRE	GRIT 30' NEW										
20.50	CROSS	CROSSGIM 45'				20.50	CROSS	CROSSGIM 45'													

EL GIMNÀS Nº 1
EN ACTIVITATS DIRIGIDES

630

CLASSES MENSUALS

HORARI AQUA
Dill. a div. 6h a 22h
(Ús vestuaris fins 22:30)
Dissabtes, diumenges i festius
8h a 14h