



HORA	DILLUNS	HORA	DIMARTS	HORA	DIMECRES	HORA	DIJOUS	HORA	DIVENDRES	HORA	DISSABTE	HORA	DIUMENGE
06.10	CROSSGIM 45'	06.10	HBX BOXING 40'	06.10	CROSSGIM 45'	06.10	BOOTCAMP® 45'	06.10	CROSSGIM 45'				
06.45	SPINNING 45'			06.45	SPINNING 45'	06.45	LesMills CORE 45'	06.45	SPINNING 45'				
06.45	BODYPUMP 55'	06.45	BODYCOMBAT 55'	06.45	GAP 55'								
07.00	WOD 60'	07.00	Vinyasa FLOW 55'	07.00	WOD 60'	07.00	PILATES 45'	07.00	WOD 60'				
07.00	BOOTCAMP POWER 45'	07.00	CROSSGIM 45'	07.00	HBX BOXING 40'	07.00	CROSSGIM 45'	07.00	BOOTCAMP® 45'				
08.10	CROSSGIM 45'	08.10	JAIL & TRX 45'	08.10	CROSSGIM 45'	08.10	BOOTCAMP INTENSITY 45'	08.10	JAIL & TRX 45'	08.10	HBX BOXING 40'	09.00	BODYPUMP 55'
09.20	BOOTCAMP® 45'	09.20	CROSSGIM 45'	09.20	BOOTCAMP STRONG 45'	09.20	CROSSGIM 45'	09.20	BOOTCAMP INTENSITY 45'	09.10	SPINNING 45'	09.00	JAIL & TRX 45'
09.20	STRENGTH 50+ 45'			09.20	STRETCH & FLEXIBILITY 45'	09.30	SH'BAM 45'	09.20	STRENGTH 50+ 45'			09.00	YIN YOGA 55'
09.30	Hatha YOGA 55'	09.30	Gimnàstica REHABILITACIÓ 50'	09.30	ALINEACIÓ 55'	09.30	Gimnàstica REHABILITACIÓ 50'						
09.30	SPINNING 45'	09.30	BODYPUMP 55'	09.30	SPINNING 45'	09.30	SPINNING 45'					09.30	SPINNING 45'
09.30	BODYCOMBAT 55'	09.30	HBX BOXING 40'	09.30	LesMills CORE 45'			09.30	BODYPUMP 55'			10.00	BODYCOMBAT 55'
10.00	AQUADYNAMIC 45'	10.00	AQUADYNAMIC 45'	10.00	AQUADYNAMIC 45'			10.00	AQUADYNAMIC 45'	10.00	BOOTCAMP® 45'	10.00	BOOTCAMP® 45'
10.10	CROSSGIM 45'	10.10	WOD 60'	10.10	CROSSGIM 45'	10.10	WOD 60'	10.10	CROSSGIM 45'	10.00	YOGUILATES 45'	10.00	Meditació/Pranayama 30'
10.30	PILATES 45'	10.10	BOOTCAMP POWER 45'	10.30	PILATES 45'	10.10	BOOTCAMP STRONG 45'	10.30	PILATES 45'	10.10	AQUADYNAMIC 45'	10.30	Hatha YOGA 60'
10.30	BODYPUMP 55'	10.30	BODYJAM 55'	10.30	ZUMBA 55'	10.30	BODYBALANCE 55'			10.30	BODYBALANCE 55'		
11.00	WOD 60'	11.00	SCULPT 45'	11.00	WOD 60'	11.00	SCULPT 45'	11.00	+ ABS + ASS 30'	11.00	CROSSGIM TEAM 45'	11.00	CROSSGIM 45'
13.30	SPINNING 45'	13.30	GAP 55'	13.30	BOOTCAMP INTENSITY 45'	13.30	CROSSGIM 45'	13.30	SPINNING HIIT 35'			12.00	+ ABS + ASS 30'
14.15	CROSSGIM 45'	14.15	BOOTCAMP STRONG 45'	14.15	BODYPUMP 55'	14.15	First YOGA 55'	14.15	BODYCOMBAT 55'				
15.15	BOOTCAMP INTENSITY 45'	15.15	CROSSGIM 45'	15.15	HBX BOXING 40'	14.15	BODYATTACK 55'	15.15	BOOTCAMP POWER 45'				
16.00	BODYPUMP 55'	16.00	BODYCOMBAT 55'	16.00	GAP 55'	16.00	SPINNING 45'						
16.10	JAIL & TRX 45'			16.10	SCULPT 45'			16.10	JAIL & TRX 45'				
17.00	GAP 55'	17.00	BODYPUMP 55'	17.00	ZUMBA 55'	17.00	BODYCOMBAT 55'	17.00	BODYJAM 55'				
17.10	SPINNING 45'	17.10	BOOTCAMP® 45'	17.10	SPINNING 45'	17.10	BOOTCAMP® 45'						
17.10	CROSSGIM 45'	17.30	YOGUILATES 45'	17.10	CROSSGIM 45'	17.30	YOGUILATES 45'	17.10	CROSSGIM 45'	17.10	HBX BOXING 40'		
18.00	WOD 60'	18.00	CROSSGIM 45'	18.00	WOD 60'	18.00	CROSSGIM 45'	18.00	WOD 60'				
18.00	Vinyasa FLOW 55'			18.00	Antigravity 55'			18.00	ALINEACIÓ 55'	18.00	BODYPUMP 55'		
18.10	BOOTCAMP STRONG 45'	18.10	CLINIC DAY 45'	18.10	BOOTCAMP POWER 45'	18.10	HBX BOXING 40'			18.10	BOOTCAMP INTENSITY 45'		
18.10	ZUMBA 55'	18.10	LesMills CORE 45'	18.10	BODYPUMP 55'	18.10	SH'BAM 45'	18.10	BODYPUMP 55'				
18.30	SPINNING HIIT 35'	18.30	SPINNING 45'	18.30	SPINNING 45'	18.30	SPINNING HIIT 35'	18.30	SPINNING 45'				
18.30	AQUADYNAMIC 45'	18.30	Meditació/Pranayama 30'	18.30	AQUADYNAMIC 45'								
19.00	HBX BOXING 40'	19.00	WOD 60'	19.00	HBX BOXING 40'	19.00	WOD 60'						
19.00	SCULPT 45'			19.00	STRETCH & FLEXIBILITY 45'								
19.00	PILATES 45'	19.00	YIN YOGA 55'	19.00	PILATES 45'	19.00	YIN YOGA 55'	19.00	PILATES 45'				
19.20	CROSSGIM 45'	19.10	JAIL & TRX 45'	19.20	CROSSGIM 45'	19.10	BOOTCAMP® 45'	19.20	CROSSGIM 45'	19.10	CROSSGIM 45'		
19.20	BODYPUMP 55'	19.20	BODYATTACK 55'	19.20	BODYCOMBAT 55'	19.20	BODYPUMP 55'	19.20	ZUMBA 55'	19.20	SPINNING 45'		
19.40	SPINNING 45'	19.40	SPINNING 45'	19.40	SPINNING HIIT 35'								
20.00	Antigravity 55'	20.00	ROCKET 55'	20.00	Hatha YOGA 55'	20.00	Ashtanga YOGA 55'						
20.10	+ ABS + ASS 30'	20.10	BOOTCAMP® 45'	20.10	+ ABS + ASS 30'	20.10	CROSSGIM 45'						
20.20	BODYCOMBAT 55'	20.20	SH'BAM 45'	20.20	BODYBALANCE 55'	20.20	LesMills CORE 45'						
20.50	CROSSGIM 45'			20.50	CROSSGIM 45'								



## YOGA STUDIO by Aqua

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.00		Vinyasa FLOW 55'		PILATES 45'			
09.00							YIN YOGA 55' <sup>NEW</sup>
09.30	Hatha YOGA 55'	Gimnàstica REHABILITACIÓ 50'	ALINEACIÓ 55'	Gimnàstica REHABILITACIÓ 50'		YOGUILATES 45'	
10.00							Meditació PRANAYAMA 30'
10.30	PILATES 45'		PILATES 45'		PILATES 45'		Hatha YOGA 60'
14.15				First YOGA 55'			
17.30		YOGUILATES 45'		YOGUILATES 45'			
18.00	Vinyasa FLOW 55'		Antigravity 55'		ALINEACIÓ 55'		
18.30		Meditació PRANAYAMA 20' <sup>NEW</sup>					
19.00	PILATES 45'	YIN YOGA 55'	PILATES 45'	YIN YOGA 55'	PILATES 45'		
20.00	Antigravity 55'	ROCKET 55'	Hatha YOGA 55'	Ashtanga YOGA 55'			