

# HORARI TEMPORADA 24-25

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
06.10	CROSS GIM 45'	HBX BOXING 45'	CROSS GIM 45'	BOOTCAMP 45'	ENDURANCE 45' +
06.45	CYCLING 45' BODY PUMP 55'	CYCLING HIIT 35'	CYCLING 45' BODYBALANCE 55'	LES MILLS CORE 45'	CYCLING 45'
07.00	WOD 60' ELLE FITNESS 45'	HYROX 60' VINYASA YOGA 55'	WOD 60' ELLE FITNESS 45'	HYROX 60' PILATES 55'	WOD 60' BOOTCAMP 45'
08.10	CROSS GIM 45'	BOOTCAMP 45'	CROSS GIM 45'	BOOTCAMP 45'	BARBELL 45' +
09.20	BOOTCAMP 45' ELLE FITNESS 45'	STRENGTH 50+ 45' SKILL WOD 45' +	BOOTCAMP 45' ELLE FITNESS 45'	CROSS GIM 45'	STRENGTH 50+ 45' SKILL RUN 45' +
09.30	HATHA YOGA 55' CYCLING 45' BODY COMBAT 55'	G.REHABILITACIÓ 55' BODY PUMP 55'	YOGA RESTAURATIVO 55' CYCLING 45' LES MILLS CORE 45'	G.REHABILITACIÓ 55' CYCLING HIIT 35' LES MILLS DANCE 45'	YOGA BODY LAB 55' + CYCLING 45' BODY PUMP 55'
10.00	AQUADYNAMIC 45'	AQUADYNAMIC 45'	AQUADYNAMIC 45'	AQUADYNAMIC 45'	AQUADYNAMIC 45'
10.10	CROSS GIM 45'	WOD 60' BOOTCAMP 45'	ENDURANCE 45' +	WOD 60' BOOTCAMP 45'	CROSSGIM MAX 75' +
10.30	PILATES 55' BODY PUMP 55'	ALINEACIÓ YOGA 55' CYCLING 45'	PILATES 55' ZUMBA 55'	ALINEACIÓ YOGA 55' BODYBALANCE 55'	PILATES 55'
11.00	WOD 60'	BOOTY 45'	WOD 60'	BOOTY 45'	
13.30	YOGA BODY LAB 55' + CYCLING 45'	LES MILLS CORE 45' HATHA PRANAYAMA 55'	CROSS GIM 45'	BOOTCAMP 45'	CYCLING HIIT 35'
14.15	CROSS GIM 45'	BOOTCAMP 45'	BODY PUMP 55'		BODY COMBAT 55'
15.15	BARBELL 45' +	HYROX 60'	HBX BOXING 45'	HYROX 60'	BOOTCAMP 45'
16.00	BODY PUMP 55'	CYCLING 45'	BODY COMBAT 55'	CYCLING 45'	
16.10	BOOTY 45'	OUTDOOR 45'			BARBELL 45' +
17.00	LES MILLS CORE 45' ELLE FITNESS 45'	LIMITED EDITION 45' + PILATES 55' STRENGTH 50+ 45'	ZUMBA 55' G.REHABILITACIÓ 55'	BODY COMBAT 55' PILATES 55' STRENGTH 50+ 45'	BODYJAM 55'
17.10	CYCLING 45' CROSS GIM 45'	CYCLING HIIT 35' BOOTCAMP 45'	CYCLING 45' CROSS GIM 45'	CYCLING 45' BOOTCAMP 45'	ENDURANCE 45' +
18.00	INSPIRED ASHTANGA 55' WOD 60'	YIN YOGA 55'	ANTIGRAVITY YOGA II 55' WOD 60'	MEDITACIÓ/PRANAYAMA 25' HYROX 60'	VINYASA YOGA 55' WOD 60'
18.10	BOOTCAMP 45' ZUMBA 55'	SKILL WOD 45' + SKILL RUN 45' + LES MILLS CORE 45'	BOOTCAMP 45' BODY PUMP 55'	HBX BOXING 45' LES MILLS DANCE 45'	BODY PUMP 55'
18.30	CYCLING HIIT 35' AQUADYNAMIC 45'	CYCLING 45' AQUADYNAMIC 45'	CYCLING 45' AQUADYNAMIC 45' ELLE FITNESS 45'	CYCLING 45' HATHA YOGA 55'	CYCLING 45'
19.00	PILATES 55' BOOTY 45'	YOGA BODY LAB 55' + OUTDOOR 45'	PILATES 55'	OUTDOOR 45'	PILATES 55'
19.10		WOD 60'		WOD 60'	
19.20	BODY PUMP 55' CROSSGIM MAX 75' + HBX BOXING 45'	BODYATTACK 55'	BODY COMBAT 55' CROSSGIM MAX 75' + HBX BOXING 45'	LIMITED EDITION 45' + BOOTCAMP 45'	ZUMBA 55' CROSS GIM 45'
19.30				YIN YOGA 55'	
19.40	CYCLING 45'	CYCLING 45'	CYCLING HIIT 35'		
20.00	ANTIGRAVITY YOGA I 55'	ROCKET 55'			
20.20	BODY COMBAT 55'	BODY PUMP 55' HYROX 60'	BODYBALANCE 55'	LES MILLS CORE 45' MOBILITY 45' + BOOTCAMP 45'	
20.50	CROSS GIM 45'		ENDURANCE 45' +		

	DISSABTE	DIUMENGE
08.10	HBX BOXING 45'	BARBELL 45' +
09.00	LES MILLS CORE 45'	BODY PUMP 55' YIN YANG YOGA 55'
09.10	CYCLING 45'	BOOTCAMP 45'
09.30		CYCLING 45'
10.00	PILATES 55'	HATHA PRANAYAMA 90' BODY COMBAT 55'
10.10	BOOTCAMP 45' AQUADYNAMIC 45'	CROSS GIM 45'
10.30		CYCLING 45'
11.00	CROSSGIM MAX 75' + BODYBALANCE 55'	HYROX CHALLENGE 75' +
12.00		
13.00		
17.10	HBX BOXING 45'	
18.00	BODY PUMP 55'	
18.10	BOOTCAMP 45'	
19.10	CROSS GIM 45'	
19.20	CYCLING 45'	

# 906

Classes Dirigides

+ NOVA ACTIVITAT

Dilluns a Divendres 6:00 a 22:30h

Dissabte 8:00 a 14:00h i 17:00 a 21:00h

Diumenges i festius 8:00 a 14:00h

COMMUNITY  
OVER  
COMPETITION

AQUA  
SPORT  
CLUBS

ACTIVE & HEALTHY LIFESTYLE