

HORARI ACTIVITATS FITNESS 2026-2027

ACTIVITATS DIRIGIDES

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
7:00	GAC*	S2	POWER FUNCIONAL*	S2	CYCLING	S2	POWER FUNCIONAL*	S2	TONO*	S2
7:30										
8:00										
8:30	AQUAGIM +60	P	AQUAGIM +60	P	AQUAGIM +60	P	AQUAGIM +60	P	AQUAGIM +60	P
9:00										
9:30	ZUMBA	S2	BOOMPA*	S2	ZUMBA	S2	CYCLING	S2	GAC*	S2
10:00	AQUAEXTREM	P	AQUAGIM	P	AQUAEXTREM	P	AQUAGIM	P	AQUAEXTREM	P
10:30	CYCLING	S2	PILATES	S2	POWER CIRCUIT*	EXT	PILATES	S1	POWER HYBRID*	EXT
10:30	FIT TOTAL +60	S1	FIT TOTAL +60	S2	FIT TOTAL +60	S2	FIT TOTAL +60	S2	FIT TOTAL +60	S2
11:00										
11:30	POWER HYBRID*	EXT	TOT ESQUENA	S1	FIT BARRE	S1	BOOMPA*	S2	TOT ESQUENA	S1
11:30	IOGA	S1								
12:00										
13:00										
14:00										
15:00	FIT CIRCUIT	S2	POWER CIRCUIT*	EXT	BOOMPA*	S1	POWER HYBRID*	EXT	CYCLING	S2
15:30										
16:00										
16:30										
17:00	PSICOMOTRICITAT	SP/PI	DANSA	SP	PSICOMOTRICITAT	SP/PI	DANSA	SP		
17:30	GAC*	S2	BOOMPA*	S2	POWER HYBRID*	EXT	CYCLING	S2	ZUMBA	S2
17:45	KIDS TRAINING	EXT/SP	FIT JOVE	EXT	DANSA	SP	KIDS TRAINING	EXT/SP	FIT JOVE	EXT
18:00	FIT PILATES	S1	PILATES	S1	PILATES INICIACIO	S1	FIT BARRE	S1	PILATES INICIACIO	S1
18:30	ZUMBA	S2	CYCLING	S2	ZUMBA	S2	GAC*	S2	BOOMPA*	S2
19:00	AQUAGIM	P	AQUAEXTREM	P	AQUAEXTREM	P	AQUAEXTREM	P	AQUAGIM	P
19:00	IOGA	S1	FIT IOGA	S1	POWER GLUTIS*	S1	FIT IOGA	S1		
19:00					CYCLING	S2				
19:30	POWER CIRCUIT	EXT	POWER FUNCIONAL*	S2	POWER ABD*	S1	BOOMPA*	S2	POWER HYBRID*	EXT

DISSABTE		
10:30	CYCLING	S2
11:30	FIT CIRCUIT	S2

Les sessions tenen una durada de 50',
excepte les indicades de 25' i 30'.
*Activitat a partir de 16 anys.

- S1

Sala 1
- S2

Sala 1
- P

Piscina
- EXT

Exterior
- PI

Pista
- SP

Sala Polivalent

FORÇA I TONIFICACIÓ

CARDIO / COREOGRAFIADES

FUNCIONAL / POWER

COS I MENT

AQUATQUES

GENT GRAN +60

INFANTIL

JUVENIL