

# HORARIS D'ACTIVITATS 2025

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
08:00		<b>TBC</b> Sala 1		<b>BODY BALANCE</b> VIRTUAL Sala 1	<b>BODY PUMP</b> VIRTUAL Sala 1
08:15	<b>MAC-ROLL</b> Sala 1		<b>COS GLOBAL</b> Sala 1		
09:30	<b>MAC-ROLL</b> Sala 1	<b>CROSS TRAINING</b> Estructura	<b>TONIFICACIÓ</b> Sala 1	<b>FUNCTIONAL TRAINING</b> Sala 1	<b>CARDIO TONO</b> Sala 1
10:30		<b>COS GLOBAL</b> Sala 1		<b>TONIFICACIÓ SUAU</b> Sala 1	
10:45	<b>AQUAGYM</b> Piscina interior		<b>AQUAGYM</b> Piscina interior		<b>ESTIR. CONSCIENTS</b> Sala 1
14:00	<b>BODY PUMP</b> Sala 1	<b>BODY BALANCE</b> VIRTUAL Sala 1	<b>TONO CYCLING</b> Sala 1	<b>BODY PUMP</b> Sala 1	<b>TONO CYCLING</b> Sala 1
15:00	<b>RPM - cycling virtual</b> VIRTUAL Sala 1	<b>COS GLOBAL</b> Sala 1	<b>BODY PUMP</b> VIRTUAL Sala 1	<b>RPM - cycling virtual</b> VIRTUAL Sala 1	
17:00	<b>BODY PUMP</b> VIRTUAL Sala 1	<b>RPM - cycling virtual</b> VIRTUAL Sala 1	<b>RPM - cycling virtual</b> VIRTUAL Sala 1	<b>BODY BALANCE</b> VIRTUAL Sala 1	
18:00	<b>PILATES</b> Sala 1	<b>CARDIO TONO</b> Sala 1	<b>BODY FIT</b> Sala 1	<b>TONIFICACIÓ</b> Sala 1	<b>CARDIO TONO</b> Sala 1
18:00	<b>ZUMBA</b> Sala 2	<b>GAC</b> Sala 2	<b>MAC-ROLL</b> Sala 2		<b>PILATES</b> Sala 2
18:00			<b>CROSS TRAINING</b> Estructura		
18:30				<b>DANCE</b> Sala 2	
19:00	<b>CARDIO TONO</b> Sala 1	<b>ESTIR. CONSCIENTS</b> Sala 1	<b>BODY PUMP</b> Sala 1	<b>BODY PUMP</b> Sala 1	<b>ZUMBA</b> Sala 1
19:00	<b>STRECHING</b> Sala 2	<b>TONO CYCLING</b> Sala 2	<b>I LOVE DANCE</b> Sala 2		<b>PILATES</b> Sala 2
19:00	<b>CROSS TRAINING</b> Estructura		<b>ESTIR. CONSCIENTS</b> Sala 3		
19:30				<b>HATHA IOGA</b> Sala 2	
20:00	<b>CYCLING</b> Sala 1	<b>BODY PUMP</b> Sala 1	<b>TONO CYCLING</b> Sala 1	<b>CYCLING</b> Sala 1	<b>RPM - cycling virtual</b> VIRTUAL Sala 1
21:00	<b>BODY PUMP</b> VIRTUAL Sala 1	<b>RPM - cycling virtual</b> VIRTUAL Sala 1	<b>BODY PUMP</b> VIRTUAL Sala 1	<b>BODY BALANCE</b> VIRTUAL Sala 1	

	DISSABTE	DIUMENGE
9:30	<b>BODY BALANCE</b> VIRTUAL Sala 1	
10:00		<b>BODY BALANCE</b> VIRTUAL Sala 1
10:30	<b>TONO CYCLING</b> Sala 1	
10:30	<b>TONIFICACIÓ</b> Sala 2	
11:00		<b>TONO CYCLING</b> Sala 1
11:30	<b>BODY PUMP</b> Sala 1	
11:30	<b>ZUMBA</b> Sala 2	
12:00		<b>BODY PUMP</b> Sala 1
13:00	<b>BODY BALANCE</b> VIRTUAL Sala 1	<b>RPM - cycling virtual</b> VIRTUAL Sala 1
17:00	<b>RPM - cycling virtual</b> VIRTUAL Sala 1	<b>BODY PUMP</b> VIRTUAL Sala 1
18:00	<b>BODY PUMP</b> VIRTUAL Sala 1	<b>BODY BALANCE</b> VIRTUAL Sala 1
19:00	<b>BODY BALANCE</b> VIRTUAL Sala 1	<b>BODY PUMP</b> VIRTUAL Sala 1

- Activitats VIRTUALS
- Activitats d'intensitat baixa
- Activitats d'intensitat mitja i tonificació
- Activitats d'intensitat alta
- Activitats de ball
- Activitats d'aigua