



SALA 2 / SPINNING

TEMPORADA 2025/2026

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7.10 h	SPINNING	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL	SPINNING		
8.00 h	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL
9.00 h	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL
10.00 h	SPINNING	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL	SPINNING VIRTUAL		SPINNING VIRTUAL
10.30 h						SPINNING 90'	
11.00 h	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL			SPINNING VIRTUAL
12.00 h	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL
13.00 h						SPINNING VIRTUAL	SPINNING VIRTUAL
13.15 h	SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		
13.45 h		SPINNING VIRTUAL		SPINNING			
14.15 h	SPINNING		SPINNING		SPINNING VIRTUAL		
14.35 h		SPINNING		SPINNING VIRTUAL		SPINNING VIRTUAL	
15.15 h	SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		
15.30 h		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL	
16.15 h	SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		
16.30 h		SPINNING VIRTUAL		SPINNING VIRTUAL			
17.00 h					SPINNING VIRTUAL	SPINNING VIRTUAL	
17.30 h	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL			
18.00 h					SPINNING	SPINNING VIRTUAL	
18.30 h	SPINNING	SPINNING	SPINNING	SPINNING			
19.00 h					SPINNING	SPINNING VIRTUAL	
19.30 h	SPINNING	SPINNING	SPINNING	SPINNING			
20.00 h					SPINNING VIRTUAL	SPINNING VIRTUAL	
20.30 h	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL			
21.30 h		SPINNING VIRTUAL		SPINNING VIRTUAL			

SALA 2 (1r pis)
45 min per sessió

SPINNING PRESENCIAL

SPINNING VIRTUAL