

# HORARI D'ACTIVITATS DIRIGIDES



## SALA 1 / SALA 3 / BOX / ICÀRIA XPRESS / PISCINA / EXTERIOR

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7.10 h	CROSSEXTREM	BODY PUMP	CROSSEXTREM	FAT BURN	ENDURANCE		
		HBX BOXING		HBX BOXING			
8.00 h	AQUAGYM		AQUAGYM		AQUAGYM		
8.15 h	HYROX	HYROX	HYROX		HYROX		
8.45 h	IOGA					IOGA 90'	
9.00 h	BODY PUMP HEAVY	CARDIO TONO	BODY PUMP	CONTROL PILATES	TONO		
	AQUAGYM	BODY BALANCE	AQUAGYM	GAC	AQUAGYM		
9.15 h			CORE 30'				
9.30 h						ZUMBA	
10.00 h	TONO	ESQUENA SANA	DONA GYM	ESQUENA SANA	ZUMBA		TOTAL TRAINING 90'
		GAC	BODY BALANCE	CARDIO TONO			
		FUNCTIONAL XTRAIN		FUNCTIONAL XTRAIN			
10.15 h	HBX BOXING		HBX BOXING				
10.30 h						BODY PUMP	
						ESQUENA SANA 90'	
11.00 h	CONTROL PILATES	ZUMBA BÀSIC	ESQUENA SANA	ZUMBA	CONTROL PILATES		
	GYM SÈNIOR	TONO		TONO			
11.30 h						TONO	BODY BALANCE
12.00 h		ESTIRAMENTS	GYM SÈNIOR	ESTIRAMENTS			
12.15 h				AQUAZUMBA			
13.10 h			CONTROL PILATES				
13.30 h	FUNCTIONAL XTRAIN		FUNCTIONAL XTRAIN		ENDURANCE		
13.40 h	FAT BURN						
14.00 h		AQUAGYM	AQUAZUMBA	AQUAGYM			
		CROSSEXTREM		CROSSEXTREM			
14.10 h	IOGA	TONO	FAT BURN	GAC	BODY PUMP HEAVY		
14.40 h	CONTROL PILATES						
15.10 h				BODY BALANCE XP			
16.30 h		GAC		BODY PUMP XP			
17.00 h				CORE 30'	BODY PUMP		
17.30 h		BODY PUMP		BODY BALANCE			
17.45 h	HYROX		HYROX				
18.00 h	TONO	CROSSEXTREM	CORE 30'	CROSSEXTREM	TONO		
	STEP		DONA GYM				
18.30 h	CROSSEXTREM	CONTROL PILATES	FAT BURN	TONO	ENDURANCE		
		CORE 30'	CROSSEXTREM				
18.35 h		HBX BOXING		HBX BOXING			
19.00 h	BODY PUMP HEAVY	AQUAGYM	BODY BALANCE	IOGA	ZUMBA		
	CORE	GAC		AQUAGYM			
		FUNCTIONAL XTRAIN		AQUAZUMBA			
				FUNCTIONAL XTRAIN			
19.10 h	HYROX	HYROX		HYROX			
	ESTIRAMENTS XP	TONO	BODY PUMP	CONTROL PILATES	IOGA AVANÇAT		
19.30 h	CROSSEXTREM	RUNNING AVANÇAT	RUNNING INICIACIÓ				
			CROSSEXTREM				
19.45 h	RUNNING INICIACIÓ			RUNNING AVANÇAT			
20.00 h	CONTROL PILATES	HIPOPRESSIUS	ESQUENA SANA	TAI- TXI 90'			
	FAT BURN	CROSSEXTREM		CROSSEXTREM			
20.30 h		DANCE	ZUMBA	ZUMBA			
20.35 h (HYROX)	HYROX	CORE 30'	HYROX				
21.00 h			IOGA AVANÇAT				

- ICÀRIA XPRESS (PB)
- SALA 1 (3R PIS)
- SALA 3 (1R PIS)
- BOX (2N PIS)
- PISCINA (PB)
- EXTERIOR

**TEMPORADA 2025/2026**