

HORARI ACTIVITATS DIRIGIDES 2025

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATÍ	MATÍ	MATÍ	MATÍ	MATÍ	MATÍ	MATÍ
08.00 FORÇA Dani ■ B S2	07.15 SPINNING Miquel ■ B	09.00 IOGA (H) Magda ■ B S4	07.15 SPINNING Miquel ■ B	09.30 DANCE STYLE Ana ■ A S2	10.00 SPINNING Dani ■● B	10.30 SPINNING Dani ■● B
09.00 IOGA (H) Magda ■ B S4	07.15 MATT PILATES Laura ■▲ B S4	09.30 SPINNING Dani ■● B	07.15 MATT PILATES Inma ■▲ B S2	09.30 SPINNING Tania ■● B	10.00 ZUMBA Ana ■ A S4	11.30 FORÇA Dani ■● B
09.30 CARDIO + FORÇA Ignasi ■ M S2	08.30 BALLETFIT Laura ■ M S2	09.30 DANCE STYLE Ana ■ A S2	08.00 FORÇA Dani ■ B S4	10.30 CARDIO + FORÇA Magda ■ B S2	10.00 MATT PILATES Ailin ■ B S2	12.30 SPINNING Dani ■● B
09.30 SPINNING Dani ■● B	09.30 MATT PILATES Laura ■▲ B S2	10.30 MATT PILATES Inma ■ B S2	09.15 GYM SUAU AMB CADIRA Magda ■ B S1	11.30 ABD HIPOPRESIUS Magda ■ B S2	11.00 TAI-TXI Fernando ● M S4	
09.30 DANCE STYLE Ana ■ A S1	10.00 HATHA IOGA Magda ■ B S4	11.30 BALLETFIT Inma ■ M S1	09.30 MATT PILATES Inma ■ B S2		11.00 CARDIO + FORÇA Ailin ■ B S2	
10.00 MEDITACIÓ Magda ■ B S4	10.30 MATT PILATES Inma ■ B S2	11.30 MOVIMENT CONSCIENT Magda ■ B S2	10.00 HATHA IOGA Magda ■ B S4		11.00 SPINNING Dani ■● B	
10.30 MATT PILATES Inma ■ B S2	10.30 GLOBAL TRAINING Jordi M. ● B SF		10.30 MATT PILATES Inma ■ B S2		12.00 INDOOR WALKING Dani ● B	
11.00 GYM SUAU AMB CADIRA Magda ■ B S1	11.00 IOGA (H) Magda ■ B S4		11.00 IOGA (H) Magda ■ B S4			
11.45 IOGA (H) Magda ■ B S4	12.00 FORÇA + ABD HIPOPRESIUS Magda ■ B S4		12.00 FORÇA + ABD HIPOPRESIUS Magda ■ B S4			

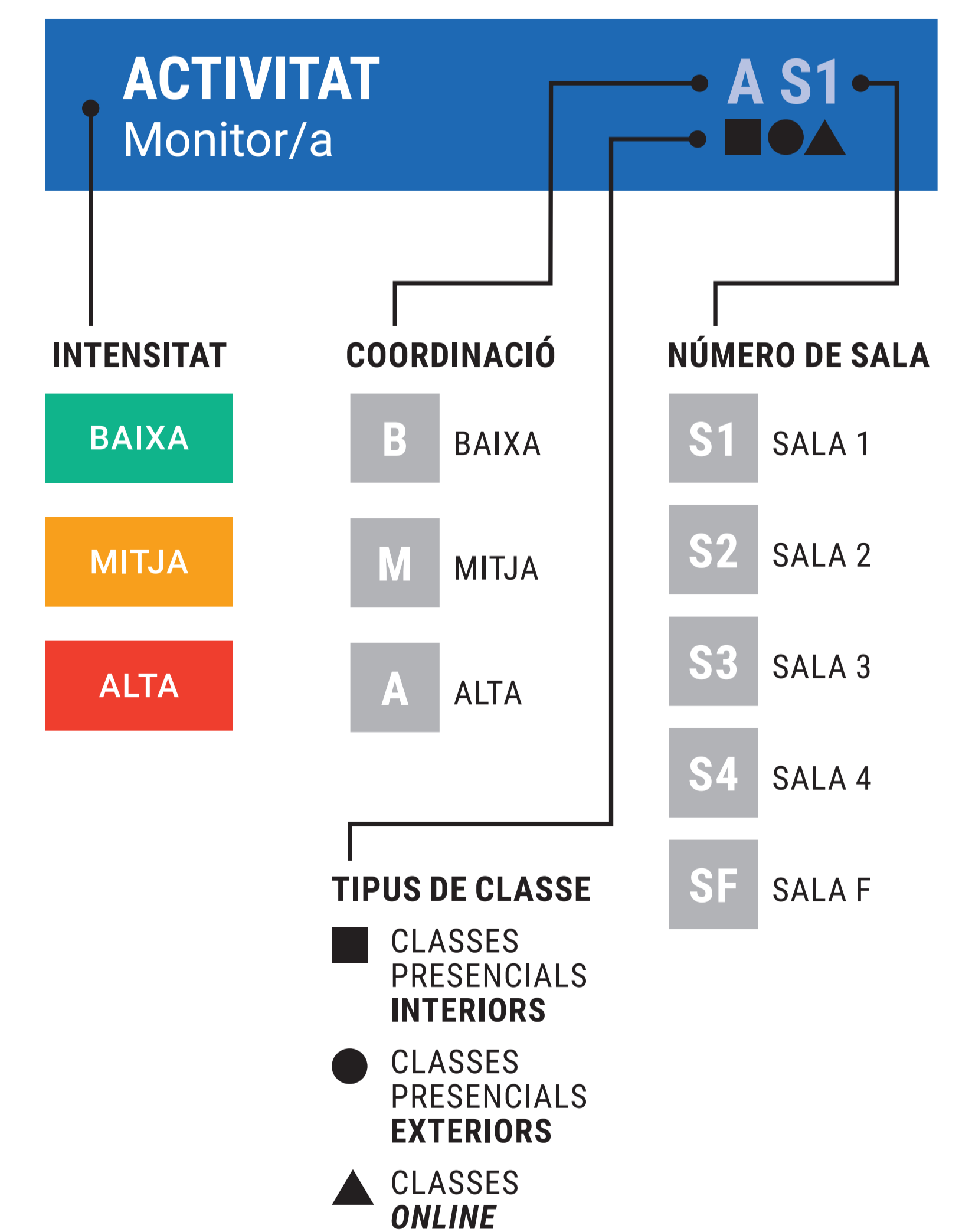
MIGDIA	MIGDIA	MIGDIA	MIGDIA	MIGDIA
14.15 SPINNING Dani ■● B	14.15 FORÇA Dani ■● B S2	14.15 SPINNING Dani ■● B	14.15 CARDIO + FORÇA Dani ■● B S2	14.30 BALLETFIT Inma ■ M S2
15.30 FORÇA Dani ■ B S2		15.30 FORÇA Dani ■● B S2		

TARDA	TARDA	TARDA	TARDA	TARDA
17.00 BOSU TRAINING Ailin ■ M S2	17.00 CARDIO + FORÇA Ailin ■● M S2	17.00 MATT PILATES Ailin ■ M S2	17.00 FORÇA Ailin ■ M S2	17.00 MATT PILATES Ailin ■ M S2
18.00 MATT PILATES Ailin ■ M S4	17.30 SPINNING Dani ■● B S	18.00 BALLETFIT Inma ■ M S1	18.00 DANCE STYLE Ana ■ A S1	18.00 TAI-TXI Fernando ■ M S1
18.00 FORÇA Dani ■● B S2	18.00 BALLETFIT Inma ■ M S2	18.00 SPINNING Dani ■● B	18.00 HATHA IOGA Magda ■ B S4	18.00 CROSS TRAINING Christian ● B
18.00 SPINNING Miquel ■● B	18.00 MATT PILATES Marta ■ B S1	18.00 BOSU TRAINING Ailin ■ M S2	18.00 FORÇA Dani ■● B	18.00 HATHA IOGA Magda ■ B S4
18.00 INDOOR WALKING Diego ■● B S5	18.00 HATHA IOGA Magda ■ B S4	18.00 CROSS TRAINING Christian ● B	18.00 MATT PILATES Inma ■ B S2	18.00 POWER BAR Ailin ■● B S2
19.00 IOGA Ailin ■ B S1	18.30 SPINNING Dani ■● B	19.00 TAI-TXI Fernando ■ M S1	18.15 INDOOR WALKING Diego ■● B S5	19.00 ZUMBA Ana ■ A S2
19.00 CARDIO + FORÇA Ignasi ■● M S2	19.00 TONIFICACIÓ +GLUTIS Inma ■ B S2	19.00 ZUMBA Laia ■ A S2	18.30 SPINNING Tania ■ B	19.00 INTERVAL TRAINING Jordi M ■ B S
19.00 SPINNING Diego ■● B	19.00 MATT PILATES Marta ■ B S4	19.00 SPINNING Dani ■● B	19.00 BALLETFIT Inma ■ M S2	19.00 SPINNING Tania ■ B
19.00 MATT PILATES Inma ■ B S4	19.30 AERÒBIC Jordi M. ● A SF	19.00 ABD HIPOPRESIUS ESTIRAMENTS Inma ■ B S4	19.00 HATHA IOGA Magda ■ B S4	19.00 RESPIRACIÓ I MOVIMENT CONSCIENT Ailin ■ M S4
19.00 INDOOR WALKING Miquel ■● B S5	19.30 SPINNING Tania ■● B	20.00 CARDIO + FORÇA Laia ■● B S2	19.30 SPINNING Diego ■ B	20.00 INTERVAL TRAINING Jordi M ● B SF
19.00 CROSS TRAINING Christian ● B	20.00 IOGA (K) Alicia ■▲ B S4	20.00 IOGA (K) Alicia ■▲ B S4	20.00 GLOBAL TRAINING Jordi M ● B SF	
20.00 SPINNING Dani ■● B	20.00 ABD HIPOPRESIUS ESTIRAMENTS Inma ■▲ B S2	20.00 SPINNING Miquel ■● B		
20.00 BALLETFIT Inma ■ M S2	20.30 INTERVAL TRAINING Jordi M ● B SF			
20.00 POWER BAR Ailin ■ B S4				

CLASSES DIRIGIDES



club tennis sabadell



PISCINA

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
10.30 AQUA GYM Ignasi ■ B	19.30 AQUA GYM Ailin ■ B	09.30 AQUA GYM Ignasi ■ B	19.30 AQUA GYM Ailin ■ B	10.30 AQUA GYM Laia ■ B	12.15 AQUA GYM Ailin ■ B