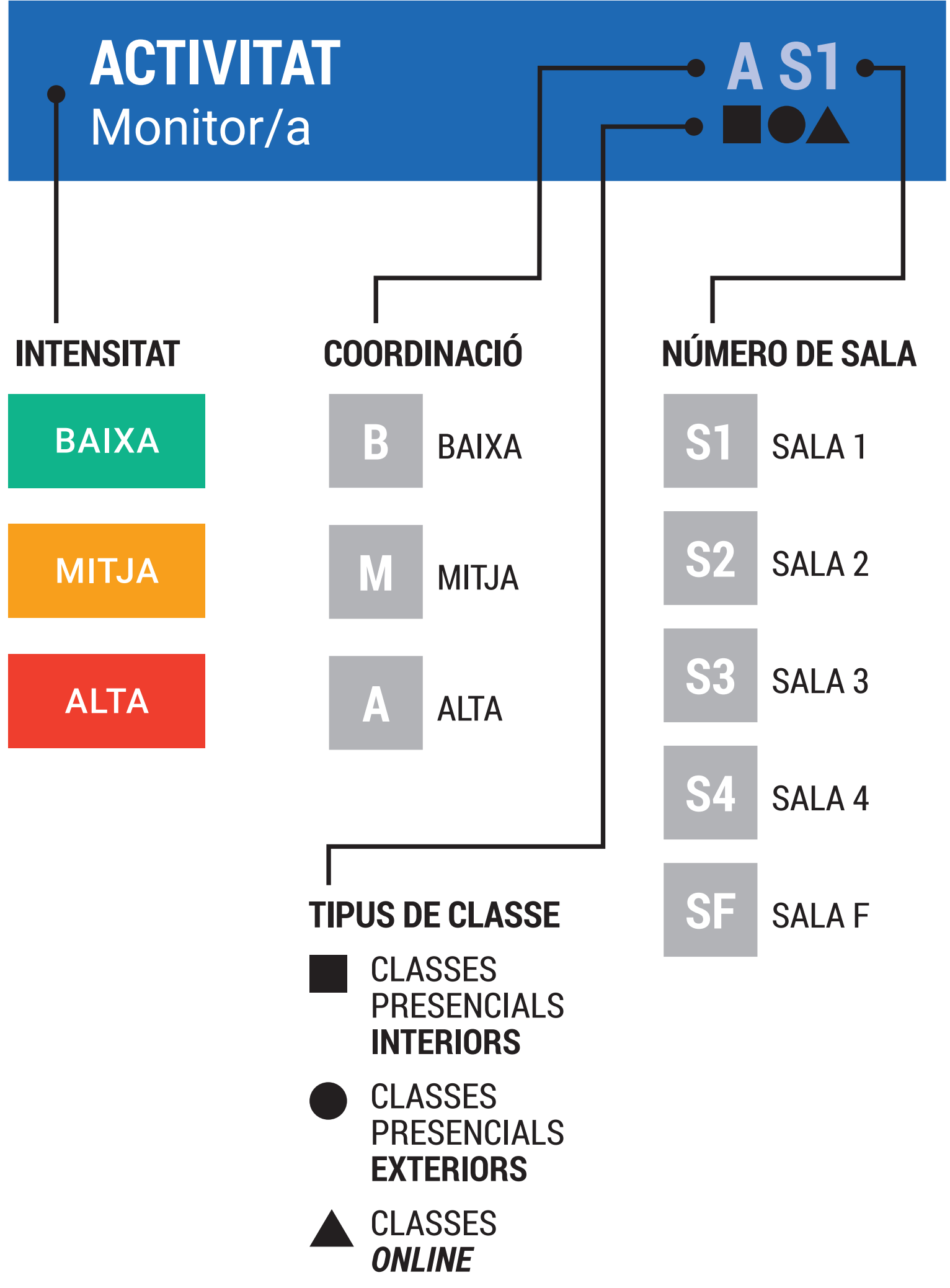


HORARI ACTIVITATS DIRIGIDES 2025

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATÍ	MATÍ	MATÍ	MATÍ	MATÍ	MATÍ	MATÍ
08.00FORÇA DaniB S2	07.15SPINNING MiquelB	09.00IOGA (H) MagdaB S4	07.15SPINNING MiquelB	09.30DANCE STYLE AnaA S2	10.00SPINNING DaniB	10.30SPINNING DaniB
09.00IOGA (H) MagdaB S4	07.15MATT PILATES LauraB S4	09.30SPINNING DaniB	07.15MATT PILATES InmaB S2	09.30SPINNING TaniaB	10.00ZUMBA AnaA S4	11.30FORÇA DaniB
09.30CARDIO + FORÇA IgnasiM S2	08.30BALLETFIT LauraM S2	09.30DANCE STYLE AnaA S2	08.00FORÇA DaniB S4	10.30CARDIO + FORÇA MagdaB S2	10.00MATT PILATES AilinB S2	12.30SPINNING DaniB
09.30SPINNING DaniB	09.30MATT PILATES LauraB S2	10.30MATT PILATES InmaB S2	09.00GYM SUAUI MagdaB S1	10.30MATT PILATES InmaB S2	11.00TAI-TXI FernandoM S4	
09.30DANCE STYLE AnaA S1	10.00HATHA IOGA MagdaB S4	10.30GYM SUAUI MagdaB S1	09.30MATT PILATES InmaB S2	11.30ABD HIPOPRESIUS MagdaB S2	11.00CARDIO + FORÇA AilinB S2	
10.00MEDITACIÓ MagdaB S4	10.30MATT PILATES InmaB S2	11.30FORÇA InmaM S1	10.00HATHA IOGA MagdaB S4		11.00SPINNING DaniB	
10.30MATT PILATES InmaB S2	10.30GLOBAL TRAINING Jordi M.B SF	11.30MOVIMENT CONSCIENT MagdaB S2	10.30MATT PILATES InmaB S2		12.00INDOOR WALKING DaniB	
11.00GYM SUAUI MagdaB S1	11.00IOGA (H) MagdaB S4		11.00IOGA (H) MagdaB S4			
12.00IOGA (H) MagdaB S4	12.00FORÇA + ABD HIPOPRESIUS MagdaB S4		12.00FORÇA + ABD HIPOPRESIUS MagdaB S4			
MIGDIA	MIGDIA	MIGDIA	MIGDIA	MIGDIA		
14.15SPINNING DaniB	14.15FORÇA DaniB S2	14.15SPINNING DaniB	14.15CARDIO + FORÇA DaniB S2	14.30BALLETFIT InmaM S2		
15.30FORÇA DaniB S2		15.30FORÇA DaniB S2				
TARDA	TARDA	TARDA	TARDA	TARDA		
17.00BOSU TRAINING AilinM S2	17.00CARDIO + FORÇA AilinM S2	17.00MATT PILATES AilinM S2	17.00FORÇA AilinM S2	17.00MATT PILATES AilinM S2		
18.00MATT PILATES AilinM S4	17.30SPINNING DaniB S	18.00BALLETFIT InmaM S1	18.00DANCE STYLE AnaA S1	18.00TAI-TXI FernandoM S1		
18.00FORÇA DaniB S2	18.00BALLETFIT InmaM S2	18.00SPINNING DaniB	18.00HATHA IOGA MagdaB S4	18.00CROSS TRAINING ChristianB		
18.00SPINNING MiguelB	18.00MATT PILATES MartaB S1	18.00BOSU TRAINING AilinM S2	18.00FORÇA DaniB	18.00HATHA IOGA MagdaB S4		
18.00INDOOR WALKING DiegoB S5	18.00HATHA IOGA MagdaB S4	18.00CROSS TRAINING ChristianB	18.00MATT PILATES InmaB S2	18.00POWER BAR AilinB S2		
19.00IOGA AilinB S1	18.30SPINNING DaniB	19.00TAI-TXI FernandoM S1	18.15INDOOR WALKING DiegoB S5	19.00ZUMBA AnaA S2		
19.00CARDIO + FORÇA IgnasiM S2	19.00TONIFICACIÓ + GLUTIS InmaB S2	19.00ZUMBA LaiaA S2	18.30SPINNING TaniaB	19.00INTERVAL TRAINING Jordi MB S		
19.00SPINNING DiegoB	19.00MATT PILATES MartaB S4	19.00SPINNING DaniB	19.00BALLETFIT InmaM S2	19.00SPINNING TaniaB		
19.00MATT PILATES InmaB S4	19.30AERÒBIC Jordi M.A SF	19.00ABD HIPOPRESIUS ESTIRAMENTS InmaB S4	19.00HATHA IOGA MagdaB S4	19.00RESPIRACIÓ I MOVIMENT CONSCIENT AilinM S4		
19.00CROSS TRAINING ChristianB	19.30SPINNING TaniaB	20.00CARDIO + FORÇA LaiaB S2	19.30SPINNING DiegoB	20.00INTERVAL TRAINING Jordi MB SF		
20.00SPINNING DaniB	20.00ABD HIPOPRESIUS ESTIRAMENTS InmaB S2	20.00IOGA (K) AilinB S4	20.00GLOBAL TRAINING Jordi MB SF			
20.00BALLETFIT InmaM S2	20.30INTERVAL TRAINING Jordi MB SF	20.00SPINNING MiguelB				
20.00POWER BAR AilinB S4						

CLASSES DIRIGIDES



PISCINA					
DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
10.30AQUA GYM IgnasiB	19.30AQUA GYM AilinB	09.30AQUA GYM IgnasiB	19.30AQUA GYM AilinB	10.30AQUA GYM Carlos H.B	12.15AQUA GYM AilinB