

HORARI ACTIVITATS DIRIGIDES 2026

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

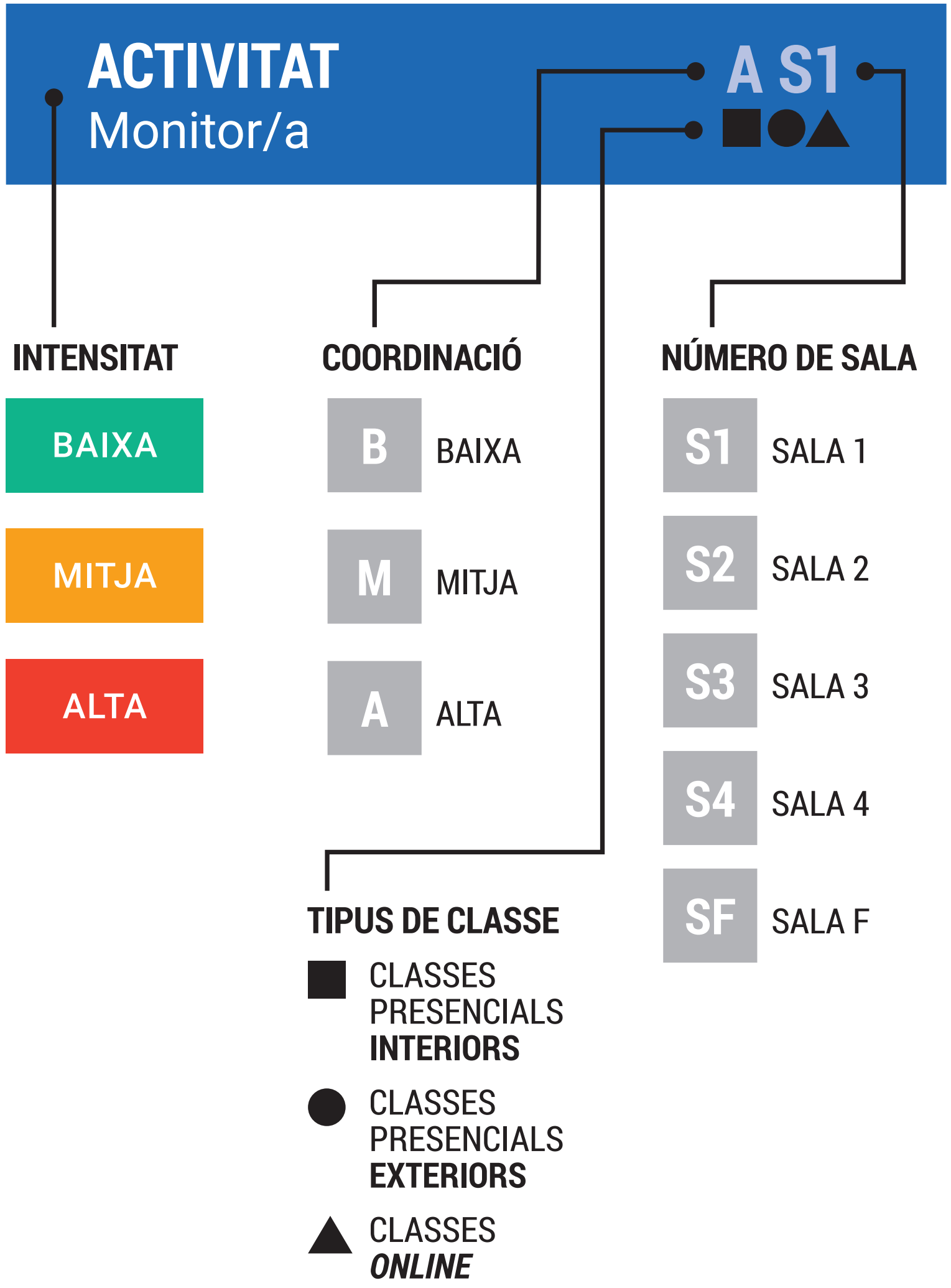
MIGDIA	MIGDIA	MIGDIA	MIGDIA	MIGDIA
14.15 SPINNING Dani	14.15 FORÇA Dani	14.15 SPINNING Dani	14.15 CARDIO + FORÇA Dani	14.30 BALLETFIT Inma
15.30 FORÇA Dani		15.30 FORÇA Dani		

TARDA	TARDA	TARDA	TARDA	TARDA
17.00 BOSU TRAINING Ailin	17.00 CARDIO + FORÇA Ailin	17.00 MATT PILATES Ailin	17.00 FORÇA Ailin	17.00 MATT PILATES Ailin
18.00 MATT PILATES Ailin	17.30 SPINNING Dani	18.00 BALLETFIT Inma	18.00 DANCE FIT Ana	18.00 TAI-TXI Fernando
18.00 FORÇA Dani	18.00 BALLETFIT Inma	18.00 SPINNING Dani	18.00 HATHA IOGA Magda	18.00 CROSS TRAINING Christian
18.00 SPINNING Miguel	18.00 MATT PILATES Marta	18.00 BOSU TRAINING Ailin	18.00 CROSS TRAINING Dani	18.00 HATHA IOGA Magda
19.00 IOGA Ailin	18.00 HATHA IOGA Magda	18.00 CROSS TRAINING Christian	18.00 MATT PILATES Inma	18.00 POWER BAR Ailin
19.00 CARDIO + FORÇA Ignasi	18.30 SPINNING Dani	19.00 TAI-TXI Fernando	18.15 INDOOR WALKING Diego	19.00 ZUMBA Ana
19.00 SPINNING Diego	19.00 TONIFICACIÓ +GLUTIS Inma	19.00 ZUMBA Laia	18.30 SPINNING Tania	19.00 INTERVAL TRAINING Jordi M
19.00 MATT PILATES Inma	19.00 MATT PILATES Marta	19.00 SPINNING Dani	19.00 BALLETFIT Inma	19.00 SPINNING Tania
19.00 CROSS TRAINING Christian	19.30 AERÒBIC Jordi M.	19.00 ABD HIPOPRESIUS ESTIRAMENTS Inma	19.00 HATHA IOGA Magda	19.00 RESPIRACIÓ I MOVIMENT CONSCIENT Ailin
20.00 SPINNING Dani	19.30 SPINNING Tania	20.00 CARDIO + FORÇA Laia	19.00 CARDIO + FORÇA Dani	20.00 INTERVAL TRAINING Jordi M
20.00 BALLETFIT Inma	20.00 ABD HIPOPRESIUS ESTIRAMENTS Inma	20.00 RAJA IOGA Ailin	19.30 SPINNING Diego	
20.00 POWER BAR Ailin	20.30 INTERVAL TRAINING Jordi M	20.00 SPINNING Miguel	20.00 GLOBAL TRAINING Jordi M	

CLASSES DIRIGIDES



club tennis sabadell



PISCINA					
DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
10.30 AQUA GYM Ignasi	19.30 AQUA GYM Ailin	09.30 AQUA GYM Ignasi	19.30 AQUA GYM Ailin	10.30 AQUA GYM Carlos H.	12.15 AQUA GYM Ailin