

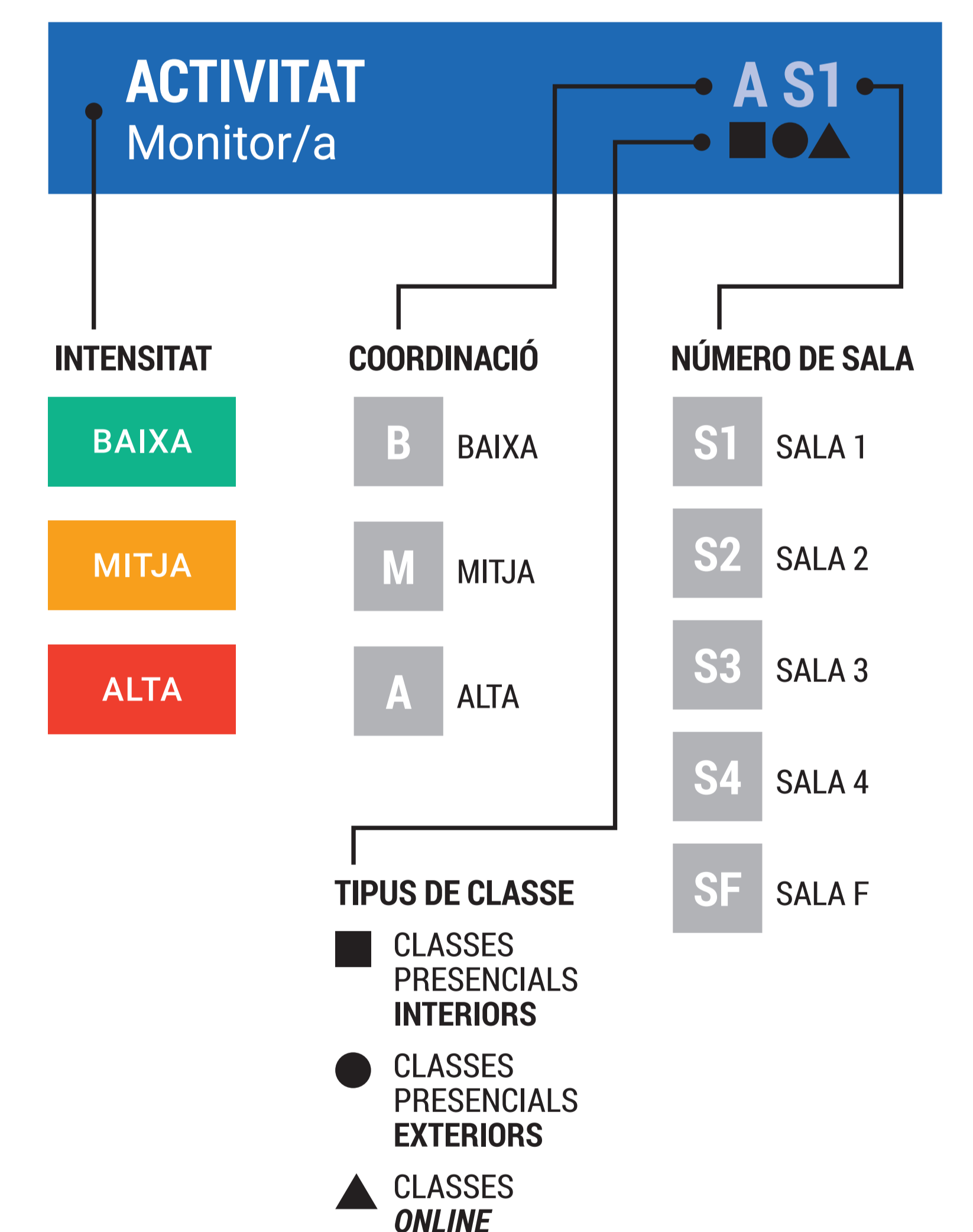
HORARI ACTIVITATS DIRIGIDES 2026

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
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 Adrià B	10.30 SPINNING Adrià B
09.00 IOGA (H) Magda B S4	07.15 MATT PILATES Ailin B S2	09.30 SPINNING Dani B	07.15 MATT PILATES Inma B S1	09.30 SPINNING Tania B	10.00 DANCE FIT Ana A S4	11.30 FORÇA Adrià B
09.30 CARDIO + FORÇA Ignasi M S2	08.30 CARDIO FORÇA Ailin M S2	09.30 DANCE STYLE Ana A S2	08.00 FORÇA Dani B S2	09.30 GYM SUAU Magda B S1	10.00 MATT PILATES Ailin B S2	12.30 SPINNING Adrià B
09.30 SPINNING Dani B	09.30 MATT PILATES Ailin B S2	10.30 MATT PILATES Inma B S2	09.00 GYM SUAU Magda B S1	10.30 CARDIO + FORÇA Magda B S2	10.00 INDOOR WALKING Adrià B	
09.30 DANCE STYLE Ana A S1	10.00 HATHA IOGA Magda B S4	10.30 GYM SUAU Magda B S1	09.30 MATT PILATES Inma B S2	10.30 MATT PILATES Inma B S4	11.00 TAI-TXI Fernando M S4	
10.00 MEDITACIÓ Magda B S4	10.30 MATT PILATES Inma B S2	11.30 FORÇA Inma M S1	10.00 HATHA IOGA Magda B S4	11.30 ABD HIPOPRESIUS Magda B S2	11.00 CARDIO + FORÇA Ailin B S2	
10.30 MATT PILATES Inma B S2	10.30 GLOBAL TRAINING Jordi M. B SF	11.30 MOVIMENT CONSCIENT Magda B S2	10.30 MATT PILATES Inma B S2	11.30 FORÇA Inma B S4	11.00 SPINNING Adrià B	
11.00 GYM SUAU Magda B S1	11.00 IOGA (H) Magda B S4		11.00 IOGA (H) Magda B S4		12.00 INDOOR WALKING Adrià B	
12.00 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 S1
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 FIT Ana A S1	18.00 TAI-TXI Fernando M S1
18.00 FORÇA Dani B S2	18.00 BALLETFIT Inma M S1	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 S2	18.00 BOSU TRAINING Ailin M S2	18.00 CROSS TRAINING Dani B	18.00 HATHA IOGA Magda B S4
19.00 IOGA Ailin B S1	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 CARDIO + FORÇA Ignasi M S2	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 SPINNING Diego B	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 MATT PILATES Inma B S4	19.00 MATT PILATES Marta B S4	19.00 SPINNING Dani B	19.00 BALLETFIT Inma M S1	19.00 SPINNING Tania B
19.00 CROSS TRAINING Christian B	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
20.00 SPINNING Dani B	19.30 SPINNING Tania B	20.00 CARDIO + FORÇA Laia B S2	19.00 CARDIO + FORÇA Dani B S2	20.00 INTERVAL TRAINING Jordi M B SF
20.00 BALLETFIT Inma M S1	20.00 ABD HIPOPRESIUS ESTIRAMENTS Inma B S1	20.00 RAJA IOGA Ailin B S4	19.30 SPINNING Diego B	
20.00 POWER BAR Ailin B S2	20.30 INTERVAL TRAINING Jordi M B SF		20.00 GLOBAL TRAINING Jordi M B SF	

CLASSES DIRIGIDES



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 Carlos H. B	12.15 AQUA GYM Ailin B