

MATÍ

| DILLUNS                                         | DIMARTS                                                 | DIMECRES                                            | DIJOUS                                                  | DIVENDRES                                      | DISSABTE                                       | DIUMENGE                                |
|-------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------|------------------------------------------------|------------------------------------------------|-----------------------------------------|
| <b>FORÇA</b><br>Dani<br>08:00S2<br>..           | <b>SPINNING</b><br>Dani<br>07:15***                     | <b>IOGA (H)</b><br>Magda<br>09:00S4<br>.            | <b>SPINNING</b><br>Dani<br>07:15***                     | <b>DANCE STYLE</b><br>Ana<br>09:30S4<br>..     | <b>SPINNING</b><br>Adrià<br>10:00***           | <b>SPINNING</b><br>Adrià<br>09:30***    |
| <b>IOGA (H)</b><br>Magda<br>09:00S4<br>.        | <b>MATT PILATES</b><br>Inma<br>07:15S2<br>.             | <b>SPINNING</b><br>Dani<br>09:30***                 | <b>MATT PILATES</b><br>Inma<br>07:15S4<br>.             | <b>SPINNING</b><br>Tania<br>09:30***           | <b>DANCE FIT</b><br>Ana<br>10:00S4<br>..       | <b>SPINNING</b><br>Adrià<br>10:30***    |
| <b>CARDIO+FORÇA</b><br>Ignasi<br>09:30S2<br>*** | <b>CARDIO+FORÇA</b><br>Ailin<br>08:30S2<br>..           | <b>DANCE STYLE</b><br>Ana<br>09:30S2<br>..          | <b>FORÇA</b><br>Dani<br>08:00S2<br>..                   | <b>GYM SUAU</b><br>Magda<br>09:30S2<br>.       | <b>MATT PILATES</b><br>Ailin<br>10:00S2<br>.   | <b>FORÇA</b><br>Adrià<br>11:30S2<br>*** |
| <b>SPINNING</b><br>Dani<br>09:30***             | <b>MATT PILATES</b><br>Ailin<br>09:30S2<br>.            | <b>MATT PILATES</b><br>Inma<br>10:30S4<br>.         | <b>GYM SUAU</b><br>Magda<br>09:00S2<br>.                | <b>CARDIO+FORÇA</b><br>Magda<br>10:30S2<br>..  | <b>INDOOR WALKING</b><br>Adrià<br>10:00***     |                                         |
| <b>DANCE STYLE</b><br>Ana<br>09:30S1<br>..      | <b>HATHA IOGA</b><br>Magda<br>10:00S4<br>.              | <b>GYM SUAU</b><br>Magda<br>10:30S2<br>..           | <b>PILATES BARRE</b><br>Inma<br>09:30S4<br>.            | <b>PILATES TONO</b><br>Inma<br>10:30S4<br>.    | <b>TAI-TXI</b><br>Fernando<br>11:00S4<br>.     |                                         |
| <b>MEDITACIÓ</b><br>Magda<br>10:00S3<br>.       | <b>MATT PILATES</b><br>Ailin<br>10:30S2<br>.            | <b>FORÇA</b><br>Inma<br>11:30S4<br>..               | <b>HATHA IOGA</b><br>Magda<br>10:00S2<br>.              | <b>ABD HIOPRESIUS</b><br>Magda<br>11:30S2<br>. | <b>CARDIO+FORÇA</b><br>Ailin<br>11:00S2<br>*** |                                         |
| <b>MATT PILATES</b><br>Inma<br>10:30S4<br>.     | <b>GLOBAL TRAINING</b><br>Jordi M.<br>10:30***          | <b>MOVIMENT CONSCIENT</b><br>Magda<br>11:30S2<br>.. | <b>PILATES BARRE</b><br>Inma<br>10:30S4<br>.            | <b>BARRE</b><br>Inma<br>11:30S4<br>..          | <b>SPINNING</b><br>Adrià<br>11:00***           |                                         |
| <b>GYM SUAU</b><br>Magda<br>11:00S2<br>.        | <b>IOGA (H)</b><br>Magda<br>11:00S4<br>.                |                                                     | <b>IOGA (H)</b><br>Magda<br>11:00S2<br>.                |                                                | <b>INDOOR WALKING</b><br>Adrià<br>11:00***     |                                         |
| <b>IOGA (H)</b><br>Magda<br>12:00S2<br>.        | <b>FORÇA + ABD HIOPRESIUS</b><br>Magda<br>12:00S4<br>.. |                                                     | <b>FORÇA + ABD HIOPRESIUS</b><br>Magda<br>12:00S2<br>.. |                                                |                                                |                                         |

MIGDIA

|                                        |                                        |                                        |                                                 |                                       |
|----------------------------------------|----------------------------------------|----------------------------------------|-------------------------------------------------|---------------------------------------|
| <b>SPINNING</b><br>Dani<br>14:15***    | <b>FORÇA</b><br>Dani<br>14:15S2<br>*** | <b>SPINNING</b><br>Dani<br>14:15***    | <b>CARDIO + FORÇA</b><br>Dani<br>14:15S2<br>*** | <b>BARRE</b><br>Inma<br>14:30S4<br>.. |
| <b>FORÇA</b><br>Dani<br>15:30S2<br>*** |                                        | <b>FORÇA</b><br>Dani<br>15:30S2<br>*** |                                                 |                                       |

TARDA

|                                                   |                                                           |                                                           |                                                     |                                                             |
|---------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------|
| <b>BOSU TRAINING</b><br>Ailin<br>17:00S2<br>..    | <b>CARDIO + FORÇA</b><br>Ailin<br>17:00S2<br>***          | <b>MATT PILATES</b><br>Ailin<br>17:00S2<br>.              | <b>FORÇA</b><br>Ailin<br>17:00S2<br>.               | <b>MATT PILATES</b><br>Ailin<br>17:00S2<br>.                |
| <b>MATT PILATES</b><br>Ailin<br>18:00S4<br>.      | <b>SPINNING</b><br>Dani<br>17:30***                       | <b>BARRE</b><br>Inma<br>18:00S4<br>..                     | <b>DANCE FIT</b><br>Ana<br>18:00S1<br>..            | <b>TAI-TXI</b><br>Fernando<br>18:00S1<br>.                  |
| <b>FORÇA</b><br>Dani<br>18:00S2<br>..             | <b>PILATES BARRE</b><br>Inma<br>18:00S4<br>..             | <b>SPINNING</b><br>Dani<br>18:00***                       | <b>HATHA IOGA</b><br>Magda<br>18:00S2<br>.          | <b>CROSS TRAINING</b><br>Christian<br>18:00***              |
| <b>SPINNING</b><br>Diego<br>18:00***              | <b>MATT PILATES</b><br>Marta<br>18:00S1<br>.              | <b>BOSU TRAINING</b><br>Ailin<br>18:00S2<br>***           | <b>CROSS TRAINING</b><br>Dani<br>18:00***           | <b>HATHA IOGA</b><br>Magda<br>18:00S4<br>.                  |
| <b>IOGA VINYASA</b><br>Ailin<br>19:00S1<br>.      | <b>HATHA IOGA</b><br>Magda<br>18:00S2<br>.                | <b>CROSS TRAINING</b><br>Christian<br>18:00***            | <b>MATT PILATES</b><br>Inma<br>18:00S4<br>.         | <b>POWER BAR</b><br>Ailin<br>18:00S2<br>..                  |
| <b>CARDIO + FORÇA</b><br>Ignasi<br>19:00S2<br>*** | <b>SPINNING</b><br>Dani<br>18:30***                       | <b>TAI-TXI</b><br>Fernando<br>19:00S1<br>.                | <b>INDOOR WALKING</b><br>Diego<br>18.15S5<br>***    | <b>ZUMBA</b><br>Ana<br>19:00S2<br>***                       |
| <b>SPINNING</b><br>Diego<br>19:00***              | <b>TONIFICACIÓ + GLUTIS</b><br>Inma<br>19:00S2<br>..      | <b>ZUMBA</b><br>Laia<br>19:00S2<br>***                    | <b>SPINNING</b><br>Tania<br>18:30***                | <b>INTERVAL TRAINING</b><br>Jordi M.<br>19:00SF<br>..       |
| <b>MATT PILATES</b><br>Inma<br>19:00S4<br>.       | <b>MATT PILATES</b><br>Marta<br>19:00S4<br>.              | <b>SPINNING</b><br>Dani<br>19:00***                       | <b>BARRE</b><br>Inma<br>19:00S4<br>..               | <b>SPINNING</b><br>Tania<br>19:00***                        |
| <b>CROSS TRAINING</b><br>Christian<br>19:00***    | <b>AEROBIC</b><br>Jordi M.<br>19:30SF<br>***              | <b>ABD HIOPRESIUS ESTIRAMENTS</b><br>Inma<br>19:00S4<br>. | <b>HATHA IOGA</b><br>Magda<br>19:00S1<br>.          | <b>RESPIRACIÓ I MOV. CONSCIENT</b><br>Ailin<br>19:00S4<br>. |
| <b>SPINNING</b><br>Dani<br>20:00***               | <b>SPINNING</b><br>Tania<br>19:30***                      | <b>CARDIO+FORÇA</b><br>Laia<br>20:00S2<br>.               | <b>CARDIO+FORÇA</b><br>Dani<br>19:00S2<br>.         | <b>INTERVAL TRAINING</b><br>Jordi M.<br>20:00SF<br>..       |
| <b>BARRE</b><br>Inma<br>20:00S4<br>..             | <b>ABD HIOPRESIUS ESTIRAMENTS</b><br>Inma<br>20:00S2<br>. | <b>RAJA IOGA</b><br>Ailin<br>20:00S4<br>..                | <b>SPINNING</b><br>Diego<br>19:30***                |                                                             |
| <b>POWER BAR</b><br>Ailin<br>20:00S2<br>..        | <b>INTERVAL TRAINING</b><br>Jordi M.<br>20:30SF<br>..     |                                                           | <b>GLOBAL TRAINING</b><br>Jordi M.<br>20:00SF<br>.. |                                                             |

PISCINA

| DILLUNS                            | DIMARTS                           | DIMECRES                           | DIJOUS                            | DIVENDRES                       | DISSABTE                          |
|------------------------------------|-----------------------------------|------------------------------------|-----------------------------------|---------------------------------|-----------------------------------|
| <b>AQUA GYM</b><br>Ignasi<br>10:30 | <b>AQUA GYM</b><br>Ailin<br>19:30 | <b>AQUA GYM</b><br>Ignasi<br>09:30 | <b>AQUA GYM</b><br>Ailin<br>19:30 | <b>AQUA GYM</b><br>Ana<br>10:30 | <b>AQUA GYM</b><br>Ailin<br>12:15 |



club tennis sabadell

# CLASSES DIRIGIDES

Mou-te, entrena i gaudeix cada dia.

- S1

Sala 1

INTENSITAT
- S2

Sala 2

- Baixa
- S3

Sala 3

- Mitja
- S4

Sala 4

- Alta
- SF

Sala F

- ACTIVITATS CARDIOVASCULARS
- BODY & MIND
- ACTIVITATS COREOGRAFIADES
- FORÇA
- PISCINA

INFORMACIÓ

Reserva d'activitats:

app cts

www.cts.cat

