MATÍ

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
FORÇA S2 Dani 08:00 ••	SPINNING Dani 07:15 •••	HYROX SF Dani 08:00 •	SPINNING Dani 07:15 •••	DANCE STYLE S4 Ana 09:30 ••	SPINNING Adrià 10:00 •••	SPINNING Adrià 09:30 •••
IOGA (H) S4 Magda 09:00 •	MATT PILATES S2 Inma 07:15 •	IOGA (H) S4 Magda 09:00 •	MATT PILATES S4 Inma 07:15 •	SPINNING Tania 09:30 •••	DANCE FIT S4 Ana 10:00 ••	SPINNING Adrià 10:30 •••
CARDIO+FORÇA S2 Ignasi 09:30 •••	CARDIO+FORÇA S2 Ailin 08:30 ••	SPINNING Dani 09:30 •••	FORÇA S2 Dani 08:00 ••	GYM CADIRA S2 Magda 09:30 •	MATT PILATES S2 Ailin 10:00 •	FORÇA S2 Adrià 11:30 •••
SPINNING Dani 09:30 •••	MATT PILATES S2 Ailin 09:30 •	DANCE STYLE S2 Ana 09:30 ••	GYM CADIRA S2 Magda 09:00 •	CARDIO+FORÇA S2 Magda 10:30 ••	INDOOR WALKING Adrià 10:00 •••	
DANCE STYLE S1 Ana 09:30	HATHA IOGA S4 Magda 10:00 •	MATT PILATES S4 Inma 10:30 •	PILATES BARRE S4 Inma 09:30 •	PILATES TONO S4 Inma 10:30 •	TAI-TXI S4 Fernando 11:00 •	
MEDITACIÓ S4 Magda 10:00 •	SPINE FLOW S2 Ailin 10:30 •	GYM CADIRA S2 Magda 10:30 ••	HATHA IOGA S2 Magda 10:00 •	ABDHIPOPRESIUS S2 Magda 11:30 •	CARDIO+FORÇA S2 Ailin 11:00 •••	
MATT PILATES S2 Inma 10:30 •	GLOBAL TRAINING Jordi M. 10:30 ••	FORÇA S4 Inma 11:30 ••	PILATES BARRE S4 Inma 10:30 •	BARRE S4 Inma 11:30 ••	SPINNING Adrià 11:00 •••	
GYM CADIRA S4 Magda 11:00 •	IOGA (H) S4 Magda 11:00 •	MOVIMENT CONSCIENT S2 Magda 11:30 ••	IOGA (H) S2 Magda 11:00 •		INDOOR WALKING Adrià 11:00 •••	
IOGA (H) S2 Magda 12:00 •	FORÇA + ABD HIPOPRESIUS S4 Magda 12:00 ••		FORÇA + ABD HIPOPRESIUS S2 Magda 12:00 ••			

MIGDIA

SPINNING Dani 14:15 •••	FORÇA S2 Dani 14:15 •••	SPINNING Dani 14:15 •••	CARDIO+FORÇA S2 Dani 14:15 •••	BARRE S4 Inma 14:30 ••
FORÇA S2 Dani 15:30 •••		FORÇA S2 Dani 15:30 •••		

TARDA

BOSU TRAINING S2 Ailin 17:00 ••	CARDIO+FORÇA S2 Ailin 17:00 •••	MATT PILATES S2 Ailin 17:00 •	FORÇA S2 Ailin 17:00 •	MATT PILATES S2 Ailin 17:00 •
MATT PILATES S4 Ailin 18:00 •	SPINNING Dani 17:30 •••	BARRE S4 Inma 18:00 ••	DANCE FIT S5 Ana 18:00 ••	TAI-TXI S1 Fernando 18:00 •
FORÇA S2 Dani 18:00 ••	PILATES BARRE S4 Inma 18:00 ••	SPINNING Dani 18:00 •••	HATHA IOGA S2 Magda 18:00 •	CROSS TRAINING Christian •••
SPINNING Diego 18:00 •••	MATT PILATES S1 Marta 18:00 •	BOSU TRAINING S2 Ailin 18:00 •••	CROSS TRAINING Dani 18:00 •••	HATHA IOGA S4 Magda 18:00 •
IOGA VINYASA S1 Ailin 19:00 •	HATHA IOGA S2 Magda 18:00 •	CROSS TRAINING Christian 18:00 •••	MATT PILATES S4 Inma 18:00 •	POWER BAR S2 Ailin 18:00 ••
CARDIO+FORÇA S2 Ignasi 19:00 •••	SPINE FLOW S5 Ailin 18:00 •	TAI-TXI S1 Fernando 19:00 •	SPINE FLOW S1 Ailin 18:00 •	ZUMBA S2 Ana 19:00 •••
SPINNING Diego 19:00 •••	SPINNING Dani 18:30 •••	ZUMBA S2 Laia 19:00 •••	INDOOR WALKING S5 Diego 18.15 •••	INTERVAL TRAINING SF Jordi M. 19:00 ••
MATT PILATES S4 Inma 19:00 •	HYROX SF Tania 18:30 •	SPINNING Dani 19:00 •••	SPINNING Tania 18:30 •••	SPINNING Tania 19:00 •••
CROSS TRAINING Christian 19:00 •••	TONIFICACIÓ+ GLUTIS S2 Inma 19:00 ••	ABD HIPOPRESIUS ESTIRAMENTS S4 Inma 19:00 •	BARRE S4 Inma 19:00 ••	RESPIRACIÓ I MOV. CONSCIENT S4 Ailin 19:00 •
SPINNING Dani 20:00 •••	MATT PILATES S4 Marta 19:00 •	HYROX SF Adrià 19:30 ••	HATHA IOGA S1 Magda 19:00 •	INTERVAL TRAINING SF Jordi M. 20:00 ••
BARRE S4 Inma 20:00 ••	AEROBIC SF Jordi M. 19:30 •••	CARDIO+FORÇA S2 Laia 20:00 •	CARDIO+FORÇA S2 Dani 19:00 •	
POWER BAR S2 Ailin 20:00 ••	SPINNING Tania 19:30 •••	RASA IOGA S4 Rosa 20:00 ••	SPINNING Diego 19:30 •••	
HYROX SF Adrià 20:00 ••	ABD HIPOPRESIUS ESTIRAMENTS S2 Inma 20:00 •		GLOBAL TRAINING SF Jordi M. 20:00 ••	
	INTERVAL TRAINING SF Jordi M. 20:30 ••			

PISCINA

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
AQUA GYM Ignasi 10:30	AQUA GYM Ailin 19:30	AQUA GYM Ignasi 09:30	AQUA GYM Ailin 19:30	AQUA GYM Ana 10:30	AQUA GYM Ailin 12:15

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CLASSES DIRIGIDES

Mou-te, entrena i gaudeix cada dia.

S1	Sala 1
S2	Sala 2
S3	Sala 3
S4	Sala 4
SF	Sala F

INTENSITAT

- • Baixa
- •• Mitja
- ••• Alta

ACTIVITATS CARDIOVASCULARS

BODY & MIND

ACTIVITATS COREOGRAFIADES

FORÇA

PISCINA

INFORMACIÓ

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