



# Horaris d'activitats dirigides

a partir del 13 de gener de 2025

| Inici | Fi    | Espai   | Dilluns            | Dimarts               | Dimecres              | Dijous          | Divendres          | Dissabte        | Diumenge        |
|-------|-------|---------|--------------------|-----------------------|-----------------------|-----------------|--------------------|-----------------|-----------------|
| 7:10  | 7:55  | Sala 2  |                    | VIRTUAL CYCLING       | VIRTUAL CYCLING       | VIRTUAL CYCLING | VIRTUAL CYCLING    |                 |                 |
| 7:15  | 8:00  | Sala 2  | CYCLING            |                       |                       |                 |                    |                 |                 |
| 8:00  | 8:45  | Piscina |                    |                       | AIGUAGIM              |                 | AIGUAGIM           |                 |                 |
| 8:15  | 9:00  | Piscina | AIGUAGIM           |                       |                       |                 |                    |                 |                 |
| 8:45  | 9:00  | Fitness |                    | SIXPACK               |                       |                 |                    |                 |                 |
| 9:00  | 9:15  | Fitness |                    |                       |                       | SIXPACK         |                    |                 |                 |
| 9:15  | 9:45  | Sala 1  |                    |                       | LES MILLS CORE        |                 |                    |                 |                 |
| 9:15  | 10:00 | Sala 1  |                    |                       |                       | PILATES         |                    |                 |                 |
| 9:15  | 10:00 | Piscina | AIGUAGIM           | AIGUAGIM              |                       |                 | AIGUAGIM           |                 |                 |
| 9:15  | 10:15 | Sala 1  | LES MILLS BODYPUMP | è-FIGHT               |                       |                 | BODY BURN          |                 |                 |
| 9:20  | 10:05 | Sala 2  |                    | CYCLING               |                       | CYCLING         |                    |                 |                 |
| 9:30  | 10:15 | Sala 2  |                    |                       | ZUMBA fitness         |                 |                    |                 |                 |
| 9:45  | 10:30 | Piscina |                    |                       | AIGUAGIM              |                 |                    |                 |                 |
| 10:00 | 10:30 | Sala 1  |                    |                       | LES MILLS BODYPUMP    |                 |                    |                 |                 |
| 10:00 | 10:45 | Sala 1  |                    |                       |                       | GIMSUAU         |                    |                 |                 |
| 10:15 | 10:45 | Sala 2  |                    | HIPOPRESSIUS          |                       | HIPOPRESSIUS    |                    |                 |                 |
| 10:15 | 11:00 | Sala 1  |                    | LES MILLS BODYBALANCE |                       |                 |                    |                 |                 |
| 10:15 | 11:00 | Sala 2  | CYCLING            |                       |                       |                 |                    | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:30 | 11:15 | Sala 1  | PILATES            |                       |                       |                 | ESTIRAMENTS        |                 |                 |
| 10:30 | 11:15 | Sala 2  |                    |                       |                       |                 | CYCLING            |                 |                 |
| 10:30 | 11:00 | Piscina |                    |                       | AIGUARELAX            |                 |                    |                 |                 |
| 10:45 | 11:15 | Sala 1  |                    |                       | ESTIRAMENTS           |                 |                    |                 |                 |
| 10:45 | 11:30 | Sala 1  |                    |                       |                       | PILATES         |                    |                 |                 |
| 11:00 | 14:00 | Piscina |                    |                       |                       |                 |                    |                 | AIGUA FAMILY    |
| 11:15 | 12:00 | Sala 2  |                    |                       |                       |                 |                    | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 13:30 | 14:15 | Sala 2  | VIRTUAL CYCLING    | VIRTUAL CYCLING       | VIRTUAL CYCLING       | VIRTUAL CYCLING | VIRTUAL CYCLING    |                 |                 |
| 14:30 | 15:15 | Piscina |                    |                       | AIGUAGIM              |                 |                    |                 |                 |
| 14:45 | 15:30 | Piscina | AIGUAGIM           |                       |                       |                 | AIGUAGIM           |                 |                 |
| 15:00 | 15:45 | Sala 1  |                    |                       |                       | ZUMBA fitness   |                    |                 |                 |
| 15:15 | 16:00 | Sala 2  | VIRTUAL CYCLING    | VIRTUAL CYCLING       | VIRTUAL CYCLING       | VIRTUAL CYCLING | VIRTUAL CYCLING    |                 |                 |
| 15:15 | 16:15 | Sala 1  |                    | LES MILLS BODYPUMP    |                       |                 | LES MILLS BODYPUMP |                 |                 |
| 15:30 | 16:00 | Sala 1  | LES MILLS CORE     |                       |                       |                 |                    |                 |                 |
| 16:30 | 17:00 | Sala 1  |                    |                       | HIIT                  |                 |                    |                 |                 |
| 17:00 | 17:45 | Sala 2  | VIRTUAL CYCLING    |                       |                       |                 |                    |                 |                 |
| 17:30 | 18:00 | Sala 1  | LES MILLS CORE     |                       |                       |                 | LES MILLS CORE     |                 |                 |
| 17:30 | 18:00 | Fitness |                    |                       |                       | HIIT            |                    |                 |                 |
| 17:45 | 18:45 | Sala 1  |                    |                       | LES MILLS BODYPUMP    |                 |                    |                 |                 |
| 18:00 | 18:15 | Fitness |                    | SIXPACK               |                       | SIXPACK         |                    |                 |                 |
| 18:00 | 18:45 | Sala 2  | PILATES            | CYCLING               | PILATES               | PILATES         | IOGA               |                 |                 |
| 18:00 | 19:00 | Sala 1  | è-FIGHT            |                       |                       |                 | LES MILLS BODYPUMP |                 |                 |
| 18:30 | 19:30 | Sala 1  |                    | è-ENERGY              |                       | è-ENERGY        |                    |                 |                 |
| 18:45 | 19:45 | Sala 1  |                    |                       | è-FIGHT               |                 |                    |                 |                 |
| 18:50 | 19:35 | Sala 2  |                    |                       | CYCLING               |                 |                    |                 |                 |
| 19:00 | 19:45 | Sala 1  | OMGlute            |                       |                       |                 |                    |                 |                 |
| 19:00 | 19:45 | Sala 2  | CYCLING            | PILATES               |                       | CYCLING         | VIRTUAL CYCLING    |                 |                 |
| 19:30 | 20:15 | Sala 1  |                    |                       |                       | OMGlute         |                    |                 |                 |
| 19:30 | 20:30 | Sala 1  |                    | LES MILLS BODYPUMP    |                       |                 |                    |                 |                 |
| 19:45 | 20:30 | Sala 1  | IOGA               |                       | LES MILLS BODYBALANCE |                 |                    |                 |                 |
| 20:15 | 21:00 | Sala 2  |                    | VIRTUAL CYCLING       | VIRTUAL CYCLING       | VIRTUAL CYCLING |                    |                 |                 |
| 20:15 | 21:00 | Piscina | AIGUAGIM           | AIGUAGIM              |                       | AIGUAGIM        |                    |                 |                 |
| 20:25 | 21:10 | Sala 2  | VIRTUAL CYCLING    |                       |                       |                 |                    |                 |                 |

Activitats a partir de 14 anys

## SEMPRE AL TEU RITME

La Direcció podrà, quan ho consideri necessari o per causes alienes al centre, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen. Una sessió podrà no impartir-se per impossibilitat de substitució.