

ACTIVITATS DIRIGIDES I SALA FITNESS 2025/2026



	DILLUNS					DIMARTS					DIMECRES					DIJOUS					DIVENDRES						
	PISCINA	SALA 1	SALA 2	SALA CYCLING	SALA FITNESS	PISCINA	SALA 1	SALA 2	SALA CYCLING	SALA FITNESS	PISCINA	SALA 1	SALA 2	SALA CYCLING	SALA FITNESS	PISCINA	SALA 1	SALA 2	SALA CYCLING	SALA FITNESS	PISCINA	SALA 2	SALA CYCLING	SALA FITNESS			
07:00h				CYCLING LLIURE 7:00-9:00h																							
09:15h						AIGUAGYM 9:15-10:00h										AIGUAGYM 9:15-10:00h						AIGUAGYM 9:15-10:00h					
9:30h			PILATES 9:30-10:15h										PILATES 9:30-10:15h					IOGA 9:30-10:15h									
10:00h						AIGUAGYM 10:00-10:45h										AIGUAGYM 10:00-10:45h						AIGUAGYM 10:00-10:45h					
10:30h			TONO 10:30-11:15h								AIGUAGYM 10:25-11:10h		ZUMBA 10:30-11:15h														
11:00h																				ASSESSORAMENT 11:00-12:00h							
15:30h													GAC 15:30-16:15h														
17:00h																											
17:30h					ASSESSORAMENT 17:30-20:30h					ASSESSORAMENT 17:30-20:30h								GAC 17:30-18:15h		ASSESSORAMENT 17:30-20:30h			ASSESSORAMENT 17:30-18:00h				
17:45h							PILATES 17:45-18:30h																				
18:00h		IOGA 18:00-18:45h	PILATES 18:00-18:45h											PILATES 18:00-18:45h					HIIT 18:00-18:45h					TONO 18:00-18:45h			
18:30h									CYCLING 18:30-19:15h												ZUMBA 18:30-19:15h					ASSESSORAMENT 18:45-19:15h	
18:45h																											
19:00h		ABD+ESTIRAMENTS 19:00h-19:40h	ZUMBA 19:00-19:45h						IOGA 19:00-19:45h						CARDIOBOX 19:00h-19:45h	CYCLING 19:00-19:45h						CYCLING 19:00-19:45h					
19:15h	AIGUAGYM 19:15-20:00h						AIGUAGYM 19:15-20:00h				CYCLING LLIURE 19:15-20:15h		AIGUAGYM 19:15-20:00h					AIGUAGYM 19:15-20:00h							CYCLING LLIURE 19:15-20:15h		
19:30h								TONO 19:30h-20:15h														PILATES 19:30-20:15h					
19:45h				CYCLING 19:45-20:30h																							
20:00h			TONO 20:00h-20:45h						HIPOPRES 20:00-20:45h					IOGA 20:00-20:45h	ABD+ESTIRAMENTS 20:00h-20:40h												
20:30h																											

- ASSESSORAMENT

Assessorament tècnic a la sala fitness
- CYCLING LLIURE

Sala de cycling oberta per als socis/sòcies

