



INICI - FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:05 07:55	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		
07:30 07:45	SF	HIIT III	CIRCUIT II	GAC II	CIRCUIT II	HIIT III		
08:15 09:05	S2	CICLO INDOOR III		CICLO INDOOR III				
08:15 09:00	P	WET INTERVAL II	WET INTERVAL II	WET COMBO I	WET INTERVAL II	WET COMBO I		
08:30 08:45	SF	CIRCUIT II	ESTIRAMENTS I	HIIT III	ESTIRAMENTS I	CIRCUIT II		
08:30 09:00	HT		HARD TRAINING 30' III		HARD TRAINING 30' III			
09:15 09:30	SF						ABDOMINALS II	
09:15 10:05	S1	ZUMBA II	CARDIOBOX III	BODY PUMP II	ZUMBA II	CXWORX+EST. II		
09:15 10:05	S2						VIRTUAL BIKE III	VIRTUAL BIKE III
09:15 10:05	S3			GLOBAL PILATES I				
09:15 10:00	P	WET INTERVAL II	WET GYM I	WET INTERVAL II	WET COMBO I			
10:15 10:30	SF	ABDOMINALS II	ABDOMINALS II	ABDOMINALS II	ABDOMINALS II	ABDOMINALS II	ABDOMINALS II	CIRCUIT II
10:15 11:05	S1	GENT GRAN I	GENT GRAN I	GENT GRAN I	GENT GRAN I	BODY PUMP II	IBT II	
10:30 11:20	S2		CICLO INDOOR III		CICLO INDOOR III			
10:30 11:20	S3	IOGA I		GRAVITY II				
11:15 11:30	SF						HIIT III	HIIT III
11:15 12:05	S1					GENT GRAN I		
11:15 12:05	S2						CICLO INDOOR III	VIRTUAL BIKE III
11:15 12:00	P	WET COMBO I		WET INTERVAL II				
11:30 11:45	SF	CIRCUIT II	GAC II	ABDOMINALS II	HIIT III	ABDOMINALS II		
12:00 12:15	SF						CIRCUIT II	ABDOMINALS II
12:00 12:50	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		
12:30 13:15	P		WET INTERVAL II		WET GYM I			
12:30 13:20	S2						VIRTUAL BIKE III	VIRTUAL BIKE III
13:30 14:00	S1		TÀBATA 30' III		CXWORX 30' II			
13:30 14:20	S1	BODY PUMP II						
13:30 14:20	S2		VIRTUAL BIKE III		VIRTUAL BIKE III			
13:30 14:20	S3			GRAVITY II				
13:30 14:15	P					WET HARD III		
14:00 14:15	SF	HIIT III	GAC II	ABDOMINALS II	CIRCUIT II	ABDOMINALS II		
14:15 15:05	S1		ZUMBA II		ZUMBA II	IOGA I		
14:15 15:05	S2	VIRTUAL BIKE III		VIRTUAL BIKE III		VIRTUAL BIKE III		
15:15 16:05	S1		CARDIOBOX III	CXWORX+TABATA III	BODY PUMP II	ZUMBA II		
15:15 16:05	S3	GRAVITY II						
16:00 16:50	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
16:00 16:45	P	WET GYM I	WET INTERVAL II	WET INTERVAL II	WET COMBO I	WET GYM I		
17:15 18:05	S1	BODY PUMP II	IBT II	CARDIOBOX III	CXWORX+TABATA III	BODY PUMP II		
17:15 18:05	S2	VIRTUAL BIKE III				VIRTUAL BIKE III		
17:15 18:05	S3		GLOBAL PILATES I	GRAVITY II	GRAVITY II			
17:30 17:45	SF	ABDOMINALS II	GAC II	ABDOMINALS II	GAC II	ABDOMINALS II	ABDOMINALS II	
18:15 19:05	S1	STEP II	BODY PUMP II	AEROBIC II	ZUMBA II	CXWORX+TABATA III		
18:15 19:05	S2	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	
18:15 19:05	S3	CXWORX+TABATA III	IOGA I	GLOBAL PILATES I	IOGA I			
18:15 19:05	HT				HARD TRAINING III			
18:30 18:45	SF						ABDOMINALS II	
19:00 19:45	P	WET INTERVAL II		WET INTERVAL II				
19:15 20:05	S1	ZUMBA II	IBT II	BODY PUMP II	STEP / AEROBIC II	ZUMBA II		
19:15 20:05	S2	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III		
19:15 20:05	S3	GRAVITY II	GLOBAL PILATES I	CXWORX+TABATA III	GLOBAL PILATES I	GRAVITY II		
19:15 19:45	HT	HARD TRAINING 30' III						
19:45 20:30	P		WET COMBO I		WET INTERVAL II			
20:15 20:30	SF	ESTIRAMENTS I	ESTIRAMENTS I	ESTIRAMENTS I	ESTIRAMENTS I	ESTIRAMENTS I		
20:15 21:05	S1	GLOBAL PILATES I	CXWORX+TABATA III	ZUMBA II	BODY PUMP II			
20:15 21:05	S2	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	VIRTUAL BIKE III		
20:15 21:05	S3			GRAVITY II				
20:15 20:45	HT		HARD TRAINING 30' III					
20:15 21:05	HT	SURVIVAL FIT II		SURVIVAL FIT II				
21:15 22:05	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III			

S 1 - Sala 1

S 2 - Sala 2

S 3 - Sala 3

S F Sala Fitness

P - Piscina

HT - Hard Training

CARDIOVASCULAR

TONIFICACIÓ

COS I MENT

AQUÀTIQUES

I - BAIXA INTENSITAT

II - MITJA INTENSITAT

III - ALTA INTENSITAT

La direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el nombre i l'ordre de les sessions, el contingut, els horaris i els tècnics que les imparteixen.





INICI - FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
09:30 09:45	SF	GAC II	ESTIRAMENTS I	GAC II	ABDOMINALS II	ESTIRAMENTS I
09:30 10:20	S1	ZUMBA II	BODY PUMP II	ZUMBA II		CXWORX+TABATA III
09:30 10:20	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III
10:30 10:45	SF	ABDOMINALS II	GAC II	ABDOMINALS II	GAC II	ABDOMINALS II
10:30 11:20	S1	GLOBAL PILATES I		CXWORX+TABATA III	BODY PUMP II	
10:30 11:20	S2	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
10:30 11:20	S3					GRAVITY II
11:30 11:45	SF	HIIT III	ABDOMINALS II	GAC II	ABDOMINALS II	CIRCUIT II
11:30 12:20	S1				GLOBAL PILATES I	
11:30 12:20	S3		GRAVITY II			
11:30 12:15	P			WET GYM I		
12:00 12:50	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
13:30 13:45	SF	CIRCUIT II	HIIT III	CIRCUIT II	HIIT III	GAC II
15:00 15:50	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
16:00 16:50	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
18:00 18:50	S1	CXWORX+TABATA III		BODY PUMP II	ZUMBA II	
18:00 18:50	S2	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III	CICLO INDOOR III
18:30 18:45	SF	ABDOMINALS II	GAC II	ABDOMINALS II	GAC II	ABDOMINALS II
19:00 19:50	S1		ZUMBA II		CXWORX+TABATA III	BODY PUMP II
19:00 19:50	S2	CICLO INDOOR III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III
19:30 19:45	SF	ESTIRAMENTS I	ABDOMINALS II	ESTIRAMENTS I	ABDOMINALS II	ESTIRAMENTS I
20:00 20:50	S1			ZUMBA II		
20:00 20:50	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III
20:00 20:50	S3	GRAVITY II				
20:00 20:45	P		WET GYM I			

S 1 - Sala 1

S 2 - Sala 2

S 3 - Sala 3

S F - Sala Fitness

P - Piscina

CARDIOVASCULAR

TONIFICACIÓ

COS I MENT

AQUÀTIQUES

I - BAIXA INTENSITAT

II - MITJA INTENSITAT

III - ALTA INTENSITAT

AGOST

DL DM DX DJ DV DS DG

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- Instal·lació tancada
- Horari especial estiu
- Piscina: parada tècnica (servei tancat)

Horari especial estiu - de l'1 al 31 d'agost - Serveis i espais

DI. a DV. - 8:45 a 21:30h / Cap de setmana TANCAT

Sala de *fitness* i servei d'assessorament tècnic: dl. a dv. - 9:00 a 21:00h / Cap de setmana TANCAT

Piscina coberta, sauna, spas i bany de vapor: dl. a dv. - 9:00 a 21:00h / Cap de setmana TANCAT

Aparcament: dl. a dv. - 9:00 a 21:00h / Cap de setmana TANCAT

