



# Horaris d'activitats dirigides

a partir del 7 de gener de 2025

| Inici | Fi    | Espai   | Dilluns            | Dimarts              | Dimecres           | Dijous             | Divendres          | Dissabte        | Diumenge        |
|-------|-------|---------|--------------------|----------------------|--------------------|--------------------|--------------------|-----------------|-----------------|
| 7:10  | 7:55  | Cycling | VIRTUAL CYCLING    | VIRTUAL CYCLING      | VIRTUAL CYCLING    | VIRTUAL CYCLING    | VIRTUAL CYCLING    |                 |                 |
| 8:00  | 8:45  | Cycling | VIRTUAL CYCLING    | VIRTUAL CYCLING      | VIRTUAL CYCLING    | VIRTUAL CYCLING    | VIRTUAL CYCLING    |                 |                 |
| 8:00  | 8:50  | Sala 1  |                    | ZUMBA fitness        | BODY BURN          | è-QUILIBRIUM       | OMGlute            |                 |                 |
| 8:15  | 8:35  | Fitness | HIIT 20'           |                      |                    |                    |                    |                 |                 |
| 9:00  | 9:45  | Cycling | CYCLING            | VIRTUAL CYCLING      | VIRTUAL CYCLING    | CYCLING            | VIRTUAL CYCLING    |                 |                 |
| 9:00  | 9:45  | Piscina | AIGUAGIM           | AIGUAGIM             | AIGUAGIM           | AIGUAGIM           | AIGUAGIM           |                 |                 |
| 9:00  | 9:50  | Sala 2  | GIMSUAU            | OMGlute              | GIMSUAU            |                    | GIMSUAU            |                 |                 |
| 9:00  | 9:55  | Sala 1  | LES MILLS BODYPUMP | GIMSUAU              | ZUMBA fitness      | GIMSUAU            | PILATES            |                 |                 |
| 10:00 | 10:45 | Cycling | VIRTUAL CYCLING    | VIRTUAL CYCLING      | VIRTUAL CYCLING    | VIRTUAL CYCLING    | VIRTUAL CYCLING    |                 |                 |
| 10:00 | 10:45 | Piscina | AIGUAGIM           | AIGUAGIM             | AIGUAGIM           | AIGUAGIM           |                    |                 |                 |
| 10:00 | 10:55 | Sala 1  | ZUMBA fitness      | ESTIRAMENTS          | LES MILLS BODYPUMP | ESTIRAMENTS        | è-CORE             | PILATES         |                 |
| 10:00 | 10:55 | Sala 2  | GIMSUAU            | REHABILITACIÓ*       | GIMSUAU            | REHABILITACIÓ*     | GIMSUAU            |                 |                 |
| 10:00 | 10:55 | Sala 6  | IOGA               |                      | IOGA               |                    |                    |                 |                 |
| 10:15 | 11:00 | Cycling |                    |                      |                    |                    |                    | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 11:00 | 11:15 | Sala 2  |                    |                      |                    | HIPOPRESSIUS 20'   |                    |                 |                 |
| 11:00 | 11:45 | Cycling | VIRTUAL CYCLING    |                      | VIRTUAL CYCLING    |                    | VIRTUAL CYCLING    |                 |                 |
| 11:00 | 11:45 | Piscina |                    |                      |                    |                    |                    | AIGUAGIM        |                 |
| 11:00 | 11:55 | Sala 1  | PILATES            | LES MILLS BODYCOMBAT | è-QUILIBRIUM       | ZUMBA fitness      | LES MILLS BODYPUMP |                 |                 |
| 11:10 | 11:30 | Sala 6  | MEDITACIÓ          |                      |                    |                    |                    |                 |                 |
| 11:15 | 12:00 | Cycling |                    |                      |                    |                    |                    | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 11:15 | 12:00 | Piscina | AIGUA I SALUT*     | AIGUA I SALUT*       | AIGUA I SALUT*     | AIGUA I SALUT*     | AIGUA I SALUT*     |                 |                 |
| 12:00 | 12:55 | Sala 2  |                    |                      |                    | REHABILITACIÓ*     |                    |                 |                 |
| 12:15 | 13:00 | Cycling |                    |                      |                    |                    |                    | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 14:00 | 14:45 | Cycling | VIRTUAL CYCLING    |                      | VIRTUAL CYCLING    |                    | VIRTUAL CYCLING    | VIRTUAL CYCLING |                 |
| 15:00 | 15:45 | Cycling |                    | VIRTUAL CYCLING      |                    | VIRTUAL CYCLING    |                    |                 |                 |
| 16:00 | 16:45 | Piscina | AIGUAGIM           | AIGUAGIM             | AIGUAGIM           | AIGUAGIM           |                    |                 |                 |
| 17:00 | 17:45 | Cycling | VIRTUAL CYCLING    | VIRTUAL CYCLING      | VIRTUAL CYCLING    | VIRTUAL CYCLING    | VIRTUAL CYCLING    | VIRTUAL CYCLING |                 |
| 17:30 | 17:50 | Sala 2  | ESTIRAMENTS 20'    | è-CORE 20'           |                    | è-CORE 20'         | HIIT 20'           |                 |                 |
| 18:00 | 18:20 | Sala 2  |                    | HIPOPRESSIUS 20'     |                    |                    |                    |                 |                 |
| 18:00 | 18:45 | Cycling | VIRTUAL CYCLING    | CYCLING              | VIRTUAL CYCLING    | VIRTUAL CYCLING    | CYCLING            | VIRTUAL CYCLING |                 |
| 18:00 | 18:55 | Sala 1  | LES MILLS BODYPUMP | OMGlute              | ZUMBA fitness      | LES MILLS BODYPUMP |                    |                 |                 |
| 18:00 | 18:55 | Sala 2  | PILATES            |                      | BODY BURN          | è-QUILIBRIUM       |                    |                 |                 |
| 18:30 | 18:55 | Fitness | è-CORE 20'         |                      | è-CORE 20'         |                    |                    |                 |                 |
| 19:00 | 19:45 | Cycling | VIRTUAL CYCLING    | VIRTUAL CYCLING      | VIRTUAL CYCLING    | VIRTUAL CYCLING    | VIRTUAL CYCLING    |                 |                 |
| 19:00 | 19:55 | Sala 1  | EXTREM FIT         | LES MILLS BODYCOMBAT | LES MILLS BODYPUMP | EXTREM FIT         | BODY BURN          |                 |                 |
| 19:00 | 19:55 | Sala 2  | ZUMBA fitness      | PILATES              | PILATES            |                    |                    |                 |                 |
| 19:00 | 19:55 | Sala 6  |                    |                      |                    | IOGA               |                    |                 |                 |
| 20:10 | 20:30 | Sala 6  |                    |                      |                    | MEDITACIÓ          |                    |                 |                 |
| 20:00 | 20:20 | Fitness |                    |                      | è-CORE 20'         |                    |                    |                 |                 |
| 20:00 | 20:45 | Cycling | VIRTUAL CYCLING    | VIRTUAL CYCLING      | VIRTUAL CYCLING    | VIRTUAL CYCLING    | VIRTUAL CYCLING    |                 |                 |
| 20:00 | 20:45 | Piscina | AIGUAGIM           | AIGUAGIM             | AIGUAGIM           | AIGUAGIM           |                    |                 |                 |
| 20:00 | 20:55 | Sala 1  | BODY BURN          |                      |                    |                    |                    |                 |                 |

\* Activitats NO incloses a la quota

## 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.