



A PARTIR DEL 3 D'AGOST DE 2026

DINICI	TEMPS	LLOC	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES		DISSABTE	DIUMENGE
7:05	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
7:15	45'	SALA 2	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'			
9:05	45'	SALA 2								
9:30	45'	SALA 2	BODY PUMP	VIRTUAL BALANCE 45'	ZUMBA	BODY BALANCE	ZUMBA			
9:30	50'	SALA 1	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL			
10:00	50'	SALA 1							CYCLING	CYCLING VIRTUAL
10:05	45'	SALA 2							TONO	
10:20	40'	SALA 2			TONO		TONO			
10:30	40'	SALA 2		TONO						
10:30	30'	SALA 3	BODY BALANCE			HIT				VIRTUAL BALANCE 30'
11:05	45'	SALA 2								
11:05	45'	SALA 3							ZUMBA	
11:15	45'	SALA 2	CORE	PILATES LOW	YOGA		ESTIRAMENTS		ESTIRAMENTS	
11:15	45'	SALA 3				PILATES				
11:15	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL
12:05	30'	SALA 2			VIRTUAL BALANCE 30'		VIRTUAL BALANCE 30'			
12:05	45'	SALA 2		VIRTUAL PUMP 45'		VIRTUAL PUMP 45'				VIRTUAL PUMP 45'
12:05	55'	SALA 3	HIPOPRESIUS			HIPOPRESIUS			BODY PUMP	
13:40	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
13:45	60'	PISCINA		NATACIO		NATACIO				
13:45	45'	SALA 2	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'			
13:45	45'	SALA 3	PILATES			BODY BALANCE				
15:05	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	
15:15	45'	SALA 2	HYBRID				HITT CAMP			
15:15	45'	SALA 3			PILATES					
15:30	45'	SALA 2	VIRTUAL BALANCE 45'	CORE	VIRTUAL PUMP 45'	BODY PUMP	VIRTUAL BALANCE 45'		VIRTUAL BALANCE 45'	
16:00	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL
16:30	45'	SALA 2	BODY PUMP	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	PILATES	VIRTUAL PUMP 45'			
17:00	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL
17:15	30'	SALA 2		HITT		HITT				
17:30	30'	SALA 3	HIPOPRESIUS		HIPOPRESIUS					
18:00	50'	OUTDOOR		HITT CAMP		HITT CAMP				
18:00	50'	SALA 1	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL
18:05	45'	SALA 2	BODY PUMP	GAC	BODY PUMP HEAVY	TONO	ZUMBA		VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'
18:05	45'	SALA 3	TONO FUNCTIONAL	TONO	PILATES	GAC	TONO			
19:00	50'	SALA 1	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING			
19:05	45'	SALA 2	PILATES	BODY PUMP	TONO	BODY PUMP HEAVY	BODY PUMP		VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'
19:05	45'	SALA 3	GAC	TONO FUNCTIONAL	BODY BALANCE	CORE	PILATES			
19:05	50'	OUTDOOR	CROSS H.I.L.I.T	CROSS H.I.L.I.T	CROSS H.I.L.I.T	CROSS H.I.L.I.T	HYBRID			
20:05	45'	SALA 2	YOGA	VIRTUAL PUMP 45'	VIRTUAL PUMP 45'	SALA 2 PUMP 45'	VIRTUAL BALANCE 45'		VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'
20:05	45'	SALA 3			ESTIRAMENTS					
20:05	50'	OUTDOOR	HYBRID	HYBRID		HYBRID				
20:05	50'	SALA 1	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
21:05	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL