

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:00	<b>CYCLING</b> CYCLING	<b>BODYPUMP*</b> LESMILLS	<b>CYCLING</b> CYCLING	<b>PILATES</b> POLI	<b>STRIDING</b> CYCLING		
7:00					<b>HBX BOXING*</b> POLI		
8:00	<b>STRIDING</b> CYCLING	<b>PILATES</b> POLI	<b>POSTURAL</b> POLI	<b>CYCLING</b> CYCLING	<b>GAC</b> POLI		
8:00	<b>AQUATONO</b> P.PETITA	<b>AQUAGYM</b> P.PETITA	<b>AQUAGYM</b> P.PETITA		<b>AQUAGYM</b> P.PETITA		
8:45	<b>AAPP</b> P.GRAN	<b>AAPP</b> P.GRAN	<b>AAPP</b> P.GRAN	<b>AAPP</b> P.GRAN	<b>AAPP</b> P.GRAN		
9:15	<b>CYCLING</b> CYCLING	<b>GAC</b> POLI	<b>BODYCOMBAT*</b> LESMILLS	<b>BODYPUMP*</b> LESMILLS	<b>CYCLING</b> CYCLING	<b>CYCLING</b> CYCLING	
9:15		<b>BODYBALANCE</b> LESMILLS	<b>PILATES</b> POLI	<b>TONOSTEP</b> POLI	<b>LESMILLS CORE*</b> LESMILLS		
9:15			<b>GLUTIS XPRESS</b> FITNESS				
9:30	<b>AQUAPILATES</b> P.PETITA						
10:15	<b>BODYPUMP*</b> LESMILLS	<b>HBX BOXING*</b> POLI	<b>STRIDING</b> CYCLING	<b>CYCLING</b> CYCLING	<b>ZUMBA*</b> LESMILLS	<b>BODYPUMP*</b> LESMILLS	<b>STRIDING</b> CYCLING
10:15	<b>GLUTIS XPRESS</b> FITNESS	<b>PILATES</b> LESMILLS	<b>LESMILLS CORE*</b> LESMILLS	<b>PILATES</b> LESMILLS	<b>BODYBALANCE*</b> POLI		
10:15			<b>ESTIRAMENTS</b> FITNESS				
10:30		<b>IOGA</b> SUB					
11:00		<b>AQUAFORMA</b> P.PETITA		<b>AQUAFORMA</b> P.PETITA			
11:15	<b>PILATES</b> LESMILLS	<b>STRIDING</b> CYCLING	<b>PILATES FITBALL</b> POLI	<b>FIT SALUT</b> POLI	<b>AQUAFORMA</b> P.PETITA	<b>STRIDING</b> CYCLING	<b>POSTURAL</b> LESMILLS
11:15	<b>ABDOMINALS</b> FITNESS		<b>ZUMBA*</b> LESMILLS	<b>ABDOMINALS</b> FITNESS			
11:30		<b>IOGA</b> SUB					
12:10			<b>BODYPUMP</b> LESMILLS				
13:15	<b>PILATES</b> POLI	<b>CYCLING</b> CYCLING		<b>CYCLING</b> CYCLING	<b>PILATES</b> POLI		
15:15	<b>ZUMBA*</b> LESMILLS	<b>FUNCIONAL</b> POLI	<b>ZUMBA*</b> LESMILLS	<b>CYCLING</b> CYCLING	<b>HBX BOXING*</b> POLI		
15:30	<b>AQUATONO</b> P.PETITA	<b>AQUAGYM</b> P.PETITA	<b>AQUASALUT</b> P.PETITA	<b>AQUAGYM</b> P.PETITA	<b>AQUATONO</b> P.PETITA		
16:00		<b>GLUTIS XPRESS</b> FITNESS					
16:10	<b>BODYPUMP*</b> LESMILLS	<b>CYCLING VIRTUAL</b> CYCLING	<b>LESMILLS CORE* 30'</b> POLI	<b>FUNCIONAL</b> POLI	<b>GAC</b> POLI		
17:00	<b>LESMILLS CORE* 30'</b> LESMILLS						
17:10	<b>PILATES ROLLER</b> POLI	<b>BODYPUMP</b> LESMILLS	<b>FUNCIONAL</b> POLI	<b>ZUMBA*</b> LESMILLS			
17:15		<b>ABDOMINALS</b> FITNESS					
18:00	<b>FUNCIONAL</b> POLI	<b>CYCLING</b> CYCLING	<b>ZUMBA*</b> LESMILLS	<b>BODYPUMP*</b> LESMILLS	<b>HBX BOXING*</b> POLI		
18:00	<b>BODYPUMP*</b> LESMILLS	<b>PILATES FITBALL</b> LESMILLS	<b>PILATES</b> POLI	<b>PILATES</b> POLI	<b>STRIDING</b> CYCLING		
18:00	<b>STRIDING</b> CYCLING	<b>HBX BOXING*</b> POLI	<b>STRIDING</b> CYCLING	<b>GLUTIS XPRESS</b> FITNESS			
19:00	<b>HBX BOXING*</b> POLI	<b>FUNCIONAL</b> POLI	<b>BODYCOMBAT*</b> LESMILLS	<b>LESMILLS CORE*</b> POLI	<b>CYCLING</b> CYCLING		
19:00	<b>TONO STEP</b> LESMILLS	<b>BODYPUMP</b> LESMILLS	<b>CYCLING</b> CYCLING	<b>TONOSTEP</b> LESMILLS			
19:00	<b>KICK BOXING</b> SUB	<b>BOXA</b> SUB	<b>GAC</b> POLI	<b>BOXA</b> SUB			
19:00	<b>ABDOMINALS</b> FITNESS		<b>ESTIRAMENTS</b> FITNESS	<b>ESTIRAMENTS</b> FITNESS			
19:30		<b>AQUACROSS</b> P.PETITA		<b>AQUACROSS</b> P.PETITA			
20:00	<b>BODYPUMP*</b> LESMILLS	<b>ABDOMINALS</b> FITNESS	<b>BODYPUMP*</b> LESMILLS	<b>ABDOMINALS</b> FITNESS	<b>FUNCIONAL</b> POLI		
20:00	<b>CYCLING</b> CYCLING	<b>BODYCOMBAT*</b> LESMILLS	<b>KICK BOXING</b> SUB	<b>CYCLING</b> CYCLING			
20:00		<b>BODYBALANCE*</b> POLI					
20:15	<b>IOGA</b> SUB		<b>IOGA</b> VIRTUAL				
21:00		<b>CYCLING VIRTUAL</b> CYCLING					

<b>FORÇA</b>	<b>CARDIO</b>	<b>AQUÀTIQUES</b>	<b>ESTIRAMENTS</b>
<b>COS I MENT</b>	<b>ARTS MARCIALS</b>	<b>VIRTUAL</b>	<b>LES MILLS CORE</b>

**DILLUNS A DIVENDRES**  
de 6.00h a 22.30h

**DISSABTE**  
de 8.00h a 20.00h

**DIUMENGE**  
de 8.00h a 14.00h

ACTIVITATS DIRIGIDES 45' (excepte Abdominals, Estiraments i Glutis Xpress 15' i Les Mills Core 30').

▼ - Activitats temàtiques

\* - Activitats oficials Les Mills (BodyPump, BodyCombat, BodyBalance i Core), HBX i ZUMBA.

S'ha de fer reserva prèvia obligatòria per assistir-hi.

Amb els 14 anys fets es pot accedir a: Zumba, Pilates, Jumping, Bodybalance.

El centre es reserva el dret de modificar i/o treure activitats.