

| | Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
|-------|------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|---------------------------------|--------------------------------|------------------------------|
| 7.00 | CYCLING LA MOLA | BODYPUMP LA MOLA | HBX BOXING CLASQUERÍ | PILATES LA MOLA | CYCLING LA MOLA | | |
| 7.15 | | HBX BOXING CLASQUERÍ | CYCLING LA MOLA | HBX FUSION CLASQUERÍ | STRIDING CLASQUERÍ | | |
| 8.00 | STRIDING CLASQUERÍ | PILATES LA MOLA | POSTURAL CLASQUERÍ | CYCLING LA MOLA | GAC LA MOLA | | |
| 8.20 | AQUATERRA 1 TOLRA | HBX FUSION CLASQUERÍ | AQUATERRA 1 TOLRA | | AQUATERRA 1 TOLRA | | |
| 8.45 | | | BODYPUMP LA MOLA | AQUATERRA 2 TOLRA | | | |
| 9.15 | CYCLING LA MOLA | BODYBALANCE LA MOLA | BODYCOMBAT LA MOLA | BODYPUMP LA MOLA | CYCLING LA MOLA | CYCLING LA MOLA | |
| 9.30 | HBX FUSION CLASQUERÍ | GAC CLASQUERÍ | PILATES CLASQUERÍ | TONO STEP CLASQUERÍ | L.M. CORE CLASQUERÍ | | |
| 10.15 | A.TERRA PILATES VALLÈS | | GLUTIS XPRESS FITNESS | | | | |
| 10.30 | BODYPUMP LA MOLA | PILATES LA MOLA | CYCLING LA MOLA | STRIDING CLASQUERÍ | ZUMBA LA MOLA | BODYPUMP LA MOLA | STRIDING CLASQUERÍ |
| 11.10 | GLUTIS XPRESS FITNESS | HBX BOXING CLASQUERÍ | ESTIRAMENTS FITNESS | PILATES LA MOLA | BODYBALANCE CLASQUERÍ | | |
| 11.15 | | IOGA VALLÈS | L.M. CORE CLASQUERÍ | | | | |
| 11.30 | | AQUATERRA 1 TOLRA | | AQUATERRA 1 TOLRA | | | |
| 12.00 | PILATES LA MOLA | STRIDING CLASQUERÍ | ZUMBA LA MOLA | FIT SALUT LA MOLA | ESTIRAMENTS CLASQUERÍ | STRIDING CLASQUERÍ | POSTURAL LA MOLA |
| 12.15 | ABDOMINALS FITNESS | GLUTIS XPRESS FITNESS | PILATES FITBALL CLASQUERÍ | | | | |
| 12.50 | | IOGA VALLÈS | ABDOMINALS FITNESS | | | | |
| 13.15 | GLUTIS XPRESS FITNESS | | BODYPUMP LA MOLA | GLUTIS XPRESS FITNESS | | | |
| 13.30 | | ABDOMINALS FITNESS | BODYPUMP LA MOLA | GLUTIS XPRESS FITNESS | | | |
| 13.45 | PILATES CLASQUERÍ | CYCLING LA MOLA | | CYCLING LA MOLA | PILATES LA MOLA | | |
| 14.00 | ZUMBA LA MOLA | FUNCIONAL CLASQUERÍ | ZUMBA LA MOLA | PILATES LA MOLA | HBX BOXING CLASQUERÍ | | |
| 14.15 | HBX FUSION CLASQUERÍ | | | | | | |
| 14.30 | | AQUATERRA 1 TORLA | AQUATERRA 1 TORLA | AQUATERRA 1 TORLA | | | |
| 14.45 | BODYPUMP LA MOLA | | L.M. CORE LA MOLA | FUNCIONAL CLASQUERÍ | GAC LA MOLA | | |
| 15.00 | | GLUTIS XPRESS FITNESS | | | | | |
| 15.15 | L.M. CORE LA MOLA | BODYPUMP LA MOLA | FUNCIONAL CLASQUERÍ | ZUMBA LA MOLA | HBX FUSION CLASQUERÍ | | |
| 15.30 | PILATES ROLLER CLASQUERÍ | | | GLUTIS XPRESS FITNESS | | | |
| 15.45 | | ABDOMINALS FITNESS | GLUTIS XPRESS FITNESS | | | | |
| 16.00 | | | | | STRIDING CLASQUERÍ | | |
| 16.15 | BODYPUMP LA MOLA | | ZUMBA LA MOLA | | | | |
| 16.30 | FUNCIONAL CLASQUERÍ | | STRIDING CLASQUERÍ | | | | |
| 16.45 | | | PILATES VALLÈS | | | | |
| 17.00 | | CYCLING LA MOLA | | BODYPUMP LA MOLA | ABDOMINALS FITNESS | | |
| 17.15 | | HBX BOXING CLASQUERÍ | | HBX FUSION CLASQUERÍ | | | |
| 17.30 | | PILATES FITBALL VALLÈS | | PILATES FITBALL VALLÈS | | HBX BOXING CLASQUERÍ | |
| 17.45 | KICKBOXING VALLÈS | | | | | | |
| 18.00 | TONO STEP LA MOLA | | GAC CLASQUERÍ | | | | |
| 18.15 | GAC CLASQUERÍ | | BODYCOMBAT LA MOLA | | | | |
| 18.30 | ABDOMINALS FITNESS | | | | | | |
| 18.45 | | BODYPUMP LA MOLA | ESTIRAMENTS FITNESS | TONO STEP LA MOLA | CYCLING LA MOLA | | |
| 19.00 | | FUNCIONAL CLASQUERÍ | | L.M. CORE CLASQUERÍ | | | |
| 19.15 | | BOXA VALLÈS | | BOXA VALLÈS | | | |
| 19.30 | | GLUTIS XPRESS FITNESS | | ABDOMINALS FITNESS | | | |
| 19.45 | HBX BOXING CLASQUERÍ | | | | | | |
| 19.50 | BODYPUMP LA MOLA | | CYCLING LA MOLA | | | | |
| 20.00 | | A.TERRA CROSS CLASQUERÍ | KICKBOXING VALLÈS | A.TERRA CROSS CLASQUERÍ | | | |
| 20.15 | ESTIRAMENTS FITNESS | BODYCOMBAT LA MOLA | | CYCLING LA MOLA | FUNCIONAL CLASQUERÍ | | |
| 20.30 | | BODYBALANCE VALLÈS | | ESTIRAMENTS VALLÈS | | | |
| 20.45 | | ABDOMINALS FITNESS | | | | | |
| 21.00 | IOGA VALLÈS | | IOGA CLASQUERÍ | | | | |
| 21.15 | CYCLING LA MOLA | | BODYPUMP LA MOLA | | | | |

FORÇA / RESISTÈNCIA **CARDIO** **AQUÀTIQUES** **COS/MENT** **ARTS MARCIALS**

HORARI: Dilluns a divendres de 6h a 22.30h. Dissabte de 8h a 20h. Diumenge de 8h a 14h.

Consulta la durada de les sessions a la nostra aplicació. S'ha de fer reserva prèvia obligatòria per assistir-hi. El centre es reserva el dret de modificar i/o treure activitats. Activitats oficials LesMills (BodyPump, BodyCombat, BodyBalance i Core), HBX (Boxing i Fusion) i Zumba. - Activitats temàtiques.