

Horaris d'activitats dirigides

a partir del 7 de gener de 2026

Inici	Fi	Espai	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:05	7:50	Sala 1	CROSSTRAINING		CROSSTRAINING	LES MILLS BODYPUMP	CROSSTRAINING		
7:05	7:50	Sala 4	VIRTUAL CYCLING	CYCLING			VIRTUAL CYCLING		
8:00	8:45	Sala 4	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING			
8:00	8:45	Piscina		AIGUAGIM		AIGUAGIM			
8:00	8:55	Sala 2			LES MILLS BODYPUMP				
8:30	9:15	Sala 4		VIRTUAL CYCLING			VIRTUAL CYCLING		
8:45	9:30	Piscina	AIGUAGIM		AIGUAGIM		AIGUAGIM		
9:00	9:45	Sala 3				GIMSUAU			
9:00	9:55	Sala 2	OMGlute	e-CORE	ZUMBA fitness	BODY BURN			
9:05	9:50	Sala 4						VIRTUAL CYCLING	VIRTUAL CYCLING
9:10	9:55	Sala 1						CROSSTRAINING	
9:15	10:10	Sala 2					LES MILLS BODYCOMBAT		
9:30	9:45	Fitness	EXPRES FITNESS		EXPRES FITNESS		EXPRES FITNESS		
9:30	10:15	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM			
9:30	10:25	Sala 1	ESTIRAMENTS45'	GIMSUAU	PILATES	GIMSUAU	PILATES		
9:45	10:30	Sala 4	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING	CYCLING		
10:00	10:45	Sala 4						CYCLING	VIRTUAL CYCLING
10:00	10:55	Sala 2	ZUMBA fitness	LES MILLS BODYPUMP	LES MILLS BODYPUMP	ZUMBA fitness			
10:15	11:00	Piscina					AIGUAGIM		
10:15	11:10	Sala 2					BODY BURN		
10:30	11:25	Sala 1	GIMSUAU	PILATES	GIMSUAU	ESTIRAMENTS45'	GIMSUAU		
10:45	11:30	Sala 4	VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
10:45	11:40	Sala 3		IOGA		IOGA			
11:00	11:45	Sala 4							VIRTUAL CYCLING
11:00	11:55	Sala 1						LES MILLS BODYPUMP	
11:00	11:55	Sala 2	LES MILLS BODYPUMP	ZUMBA fitness	e-EQUILIBRIUM	PILATES			
11:15	12:10	Sala 2					PILATES		
11:30	11:45	Fitness		EXPRES FITNESS		EXPRES FITNESS			
11:30	12:00	Sala 1			POSTURAL				
11:30	12:25	Sala 1	PILATES	LES MILLS BODYCOMBAT		OMGlute	ZUMBA fitness		
11:45	12:40	Sala 3		IOGA INICIACIÓ		IOGA			
12:00	12:30	Sala 3	POSTURAL						
12:00	12:45	Sala 4	VIRTUAL CYCLING		VIRTUAL CYCLING			VIRTUAL CYCLING	VIRTUAL CYCLING
12:00	12:55	Sala 1						PILATES	
12:00	12:55	Sala 2		PILATES					
12:30	13:15	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
13:30	14:15	Sala 4		VIRTUAL CYCLING		VIRTUAL CYCLING			
13:30	14:25	Sala 1	LES MILLS BODYPUMP	BODY BURN	ZUMBA fitness	PILATES			
14:00	14:45	Sala 4					VIRTUAL CYCLING		
14:30	15:15	Sala 4	VIRTUAL CYCLING						
14:30	15:25	Sala 1	OMGlute	PILATES	ESTIRAMENTS45'	LES MILLS BODYPUMP			
15:30	16:15	Sala 4						VIRTUAL CYCLING	
16:00	16:45	Sala 4	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
17:00	17:45	Sala 4		VIRTUAL CYCLING		VIRTUAL CYCLING			
17:30	18:15	Sala 4						VIRTUAL CYCLING	
17:30	18:25	Sala 1	LES MILLS BODYCOMBAT		CROSSTRAINING		CROSSTRAINING		
18:00	18:15	Fitness	EXPRES FITNESS	EXPRES FITNESS	EXPRES FITNESS	EXPRES FITNESS	EXPRES FITNESS		
18:00	18:45	Sala 4					VIRTUAL CYCLING		
18:15	19:00	Sala 1		BODY BURN		ESTIRAMENTS45'			
18:15	19:00	Sala 2	PILATES						
18:15	19:00	Sala 4	CYCLING		CYCLING				
18:30	19:15	Sala 4						VIRTUAL CYCLING	
18:30	19:25	Sala 1	LES MILLS BODYPUMP		ZUMBA fitness		LES MILLS BODYPUMP		
18:30	19:25	Sala 2		PILATES		OMGlute	BODY BURN		
18:30	19:25	Sala 3	IOGA		IOGA	IOGA INICIACIÓ			
19:00	19:55	Sala 1		LES MILLS BODYCOMBAT		PILATES			
19:00	19:55	Sala 2	ZUMBA fitness		OMGlute				
19:15	20:00	Sala 4	CYCLING	CYCLING	CYCLING	CYCLING			
19:30	20:15	Sala 4					CYCLING		
19:30	20:25	Sala 1	ESTIRAMENTS45'		PILATES		PILATES		
19:30	20:25	Sala 2		ESTIRAMENTS45'		ZUMBA fitness			
19:30	20:25	Sala 3	IOGA		IOGA	IOGA			
19:45	20:30	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM			
20:00	20:15	Fitness	EXPRES FITNESS		EXPRES FITNESS				
20:00	20:55	Sala 1		CROSSTRAINING		CROSSTRAINING			
20:00	20:55	Sala 2	BODY BURN		LES MILLS BODYPUMP				
20:15	21:00	Sala 4	VIRTUAL CYCLING	CYCLING INICIACIÓ	VIRTUAL CYCLING	CYCLING INICIACIÓ			
20:30	21:15	Sala 4					VIRTUAL CYCLING		
20:30	21:25	Sala 1	e-EQUILIBRIUM		LES MILLS BODYCOMBAT		ESTIRAMENTS45'		
20:30	21:25	Sala 2		BODY BURN		LES MILLS BODYPUMP			

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.