

## HORARI A PARTIR DEL 07 de GENER DEL 2025

Inici	Espai	DILLUNS	Inici	Espai	DIMARTS	Inici	Espai	DIMECRES	Inici	Espai	DIJOUS	Inici	Espai	DIVENDRES	Inici	Espai	DISSABTE
<b>MATI</b>																	
07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL			
08:25	PS	AQUATONO G	07:30	S1		08:25	PS	AQUATONO G	07:30	S1		08:30	SC				
08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	09:30	SC	CY. VIRTUAL
09:15	PS	AQUATONO	08:30	PS	AQUATONO	09:15	PS	AQUACARDIO	09:15	PS		09:15	PS		09:30	SC	
09:30	SC	CYCLING	09:30	SC	CY. VIRTUAL	09:30	SC	CYCLING	09:30	SC	CY. VIRTUAL	09:30	SC	CYCLING	10:30	S1	CY. VIRTUAL
09:30	S1		09:30	S1		09:30	S1	FUNCIONAL	09:30	S1		09:30	S1		10:30	SC	PILATES
09:30	S2		09:30	S2	PILATES	09:30	S2		09:30	S2	GYM D'OR	10:30	S2		11:30	S1	CY. VIRTUAL
10:15	PS		10:15	PS	AQUATONO G	10:15	PS		10:15	PS	AQUATONO G	10:15	PS	AQUATONO G	12:30	SC	CY. VIRTUAL
10:30	S1	HIIT	10:30	S1	TOTAL BODY	10:30	S1		10:30	S1	R. POSTURAL	10:30	S1	TOTAL BODY	13:30	SC	CY. VIRTUAL
10:30	SC	CY. VIRTUAL	10:30	SC	CYCLING	10:30	SC	CY. VIRTUAL	10:30	SC	CYCLING	10:30	SC	CY. VIRTUAL	14:30	SC	CY. VIRTUAL
10:30	S2	YOGA	10:45	S2	PILATES	10:30	S2	ESTIRAMENTS	10:15	S2		10:15	S2		15:30	SC	CY. VIRTUAL
11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	16:30	SC	CY. VIRTUAL
13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	17:30	SC	CY. VIRTUAL
<b>MIGDIA</b>																	
14:30	SC	CY. VIRTUAL	14:30	SC	CY. VIRTUAL	14:30	SC	CY. VIRTUAL	14:30	SC	CY. VIRTUAL	14:30	SC	CY. VIRTUAL			
15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL			
15:20	S1	FUNCIONAL	15:20	S1	PILATES	15:20	S1		15:20	S1	TOTAL BODY	15:20	S1	ESTIRAMENTS			
<b>TARDA</b>																	
16:00	SC	CY. VIRTUAL	16:00	SC	CY. VIRTUAL	16:00	SC	CY. VIRTUAL	16:00	SC	CY. VIRTUAL	16:00	SC	CY. VIRTUAL			
17:00	SC	CY. VIRTUAL	17:00	SC	CY. VIRTUAL	17:00	SC	CY. VIRTUAL	17:00	SC	CY. VIRTUAL	17:00	SC	CY. VIRTUAL			
17:15	S1	HIIT 30'	17:15	S1	ABD 30'	17:15	S1	GAC 30'	17:15	S1	PEB 30'	17:15	S1	ABD 30'	09:30	SC	CY. VIRTUAL
18:00	S1		18:00	S1	HARD TRAINING	18:00	S1		18:00	S1	HIIT	18:00	S1	FUNCIONAL	11:00	SC	CY. VIRTUAL
18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	SC	CY. VIRTUAL	12:00	SC	CY. VIRTUAL
18:15	S2	EQUILIBRIUM	18:15	S2	R. POSTURAL	18:15	S2	PILATES	18:15	S2		18:00	S2				
19:00	S1		19:00	S1	PILATES	19:00	S1		19:00	S1	TOTAL BODY	19:00	S1	EQUILIBRIUM			
19:00	SC	CYCLING	19:15	SC	CYCLING	19:00	SC	CYCLING	19:15	SC	CYCLING	19:00	SC	CYCLING			
19:15	S2	PILATES	19:15	S2		19:15	S2	ESTIRAMENTS	19:15	S2	R. POSTURAL	19:15	S1				
19:30	PS	AQUACARDIO	19:15	PS		19:30	PS	AQUATONO	19:15	PS		19:15	PS	WETWOD			
20:00	SC	CYCLING	20:00	SC		20:00	SC	CYCLING	20:00	SC		20:00	SC	CY. VIRTUAL			
20:15	S1		20:15	S1		20:15	S1	TOTAL BODY	20:15	S1	YOGA	20:15	S1				
20:15	SC		20:15	SC	CY. VIRTUAL	20:15	SC		20:15	SC	CY. VIRTUAL	20:15	SC				

