

HORARI A PARTIR de setembre de 2025

Inici	Sala	DILLUNS	Inici	Sala	DIMARTS	Inici	Sala	DIMECRES	Inici	Sala	DIJOUS	Inici	Sala	DIVENDRES	Inici	Sala	DISSABTE
MATI																	
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 M	07:30	S1		08:25	PS	AQUATONO M	07:30	S1		08:30	SC	AQUATONO M			
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 P	08:30	PS	AQUATONO M	09:15	PS	AQUATONO P	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 M	10:30	PS	AQUATONO M	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
MIGDIA																	
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	CARDIO BODY	15:20	S1	ESTIRAMENTS			
TARDA																	
16:15	SC	CY. VIRTUAL	16:15	SC	CY. VIRTUAL	16:15	SC	CY. VIRTUAL	16:15	SC	CY. VIRTUAL	16:15	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'			
18:00	S1		18:00	S1	HARD TRAINING	18:00	S1		18:00	S1	HIIT	18:00	S1	FUNCIONAL			
18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	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		19:00	S1		19:00	S1	TOTAL BODY	19:00	S1	PILATES			
19.00	SC	CYCLING	19.15	SC	CYCLING	19.00	SC	CYCLING	19.15	SC	CYCLING	19.00	SC	CY. VIRTUAL			
19.15	S2	PILATES	19.15	S2	PILATES	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	CY. VIRTUAL			