

HORARI A PARTIR DEL 22 DE JUNY DEL 2026

Inici	Espai	DILLUNS	Inici	Espai	DIMARTS	Inici	Espai	DIMECRES	Inici	Espai	DIJOUS	Inici	Espai	DIVENDRES	Inici	Espai	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		07:30	S1		08:25	PS		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	PE	AQUATONO	08:30	PS		09:15	PE	AQUATONO	09:15	PS		09:15	PS		09:30	S1	
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	S1	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	STEP	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	CYCLING	10:30	SC	CY. VIRTUAL	10:30	SC	CY. VIRTUAL	10:30	SC		10:30	SC	CY. VIRTUAL	14:30	SC	CY. VIRTUAL
10:30	S2	YOGA	10:45	S2		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		15:20	S1		15:20	S1		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		18:00	S1	FUNCIONAL			
18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	SC	CYCLING	18:15	SC	CY. VIRTUAL	18:00	SC	CY. VIRTUAL			
18.15	S2	EQUILIBRIUM	18.15	S2	R. POSTURAL	18.15	S2	PILATES	18:15	S2	HIIT	18:00	S2				
19:00	S1		19:00	S1		19:00	S1		19:00	S1	TOTAL BODY	19:00	S1	PILATES			
19.00	SC	CY. VIRTUAL	19.15	SC	CYCLING	19.00	SC	CY. VIRTUAL	19.15	SC	CY. VIRTUAL	19.00	SC	CY. VIRTUAL			
19.15	S2		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				
20:00	SC	CY. VIRTUAL	20:00	SC		20:00	SC	CY. VIRTUAL	20:00	SC		20:00	SC	CY. VIRTUAL			
20:15	S1		20:15	S1		20:15	S1		20:15	S1		20:15	S1				
20:15	SC		20:15	SC	CY. VIRTUAL	20:15	SC		20:15	SC	CY. VIRTUAL	20:15	SC				

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