ACTIVITATS DIRIGIDES MES MALGRAT 2025

HORARI A PARTIR DEL 07 DE SETEMBRE DE 2026

MATI

Inici	Sala	DILLUNS	Inici	Sala	DIMARTS	Inici	Sala	DIMECRES	Inici	Sala	DIJOUS	Inici	Sala	DIVENDRES	Inici	Sala	DISSABTE
07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL		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	LesMILLS BODYPUMP
09:15	S2	GYM D'OR	09:30	SC	CY. VIRTUAL	09:15	S2	R. POSTURAL	09:30	SC	CY. VIRTUAL	09:30	SC	CYCLING	10:30	S1	CY. VIRTUAL
09:30	SC	CYCLING	09:30	S1	LesMILLS BODYCOMBAT	09:30	SC	CYCLING	09:30	S1	LesMILLS BODYPUMP	09:30	S1	ZUMBA fitness	10:30	SC	PILATES
09:30	S1	LesMILLS BODYPUMP	09:30	S2	PILATES	09:30	S1	FUNCIONAL	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 P	10:30	PS	AQUATONO P	12:30	SC	CY. VIRTUAL
10:30	S1	STEP	10:30	S1	TOTAL BODY	10:30	S1	ZUMBA fitness	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	LesMILLS BODYPUMP	15:20	S1	LesMILLS BODYCOMBAT	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	Inici	Espai	DIUMENGE
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	LesMILLS BODYPUMP	18:00	S1	HARD TRAINING	18:00	S1	LesMILLS BODYCOMBAT	18:00	S1	ZUMBA fitness	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	HIIT	18:00	S2	ZUMBA fitness			
19:00	S1	LesMILLS BODYCOMBAT	19:00	S1	ZUMBA fitness	19:00	S1	LesMILLS BODYPUMP	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	19.00	S2				
19.30	PS	AQUATONO P	19.15	PS		19:30	PS	AQUATONO P	19.15	PS	AQUATONO P	19.15	PS	WETWOD			
20:00	SC	CY. VIRTUAL	20:00	SC		20:00	SC	CY. VIRTUAL	20:00	SC		20:00	SC	CY. VIRTUAL			
20:15	S1	ZUMBA fitness	20:15	S1	LesMILLS BODYPUMP	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			

DESCARREGA'T L'HORARI DE LA NOSTRA WEB: WWW.MESMALGRAT. COM

* MES MALGRAT es reserva el dret de modificar aquest horari.

LesMILLS BODYCOMBAT · LesMILLS BODYPUMP · ZUMBA fitness · EQUILIBRIUM

ALTA INTENSITAT
MITJA INTENSITAT

BAIXA INTENSITAT
MITJA INTENSITAT
ALTA INTENSITAT

CURTA DURADA
BICICLETA
PISCINA