

GRAELLA D'ACTIVITATS DIRIGIDES

A PARTIR D'OCTUBRE 2025



ACTIVITATS DIRIGIDES TERRESTRES

Horari	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07.00 - 07.50	SAD		BODYPUMP	BODYCOMBAT VIRTUAL	CORE★			
07.00 - 07.50	SCI	CYCLING★		VIRTUAL CYCLING★		VIRTUAL CYCLING★		
07.00 - 07.40	SFU			HBX FUSION / BOXING				
09.30 - 10.20	SAD	CORE	BALANCE	GAC	BODYPUMP	ESTIRAMENTS		
09.30 - 10.20	SCI	VIRTUAL CYCLING★	CYCLING	VIRTUAL CYCLING★	CYCLING	CYCLING	CYCLING	
09.30 - 10.20	SCM	PILATES	IOGA	PILATES	IOGA			
09.30 - 10.20	ATX	STRENGTH	FUNCTIONAL	HYBRID	STRENGTH	FUNCTIONAL		
10.00 - 10.50	ATX						HYBRID	
10.30 - 11.20	SAD	MOVE IT	BODYPUMP	BALANCE	CORE	GAC	BODYPUMP	BODYPUMP VIRTUAL
10.30 - 11.15	SCM	MARE PREPART		MARE PREPART				
11.20 - 12.05	SCM	MARE POSTPART		MARE POSTPART				
10.30 - 11.20	SCM		PILATES		PILATES			
11.30 - 12.20	SFU	HBX FUSION / BOXING						
11.30 - 12.20	SAD		BODYCOMBAT VIRTUAL★	ESTIRAMENTS	BODYPUMP VIRTUAL	ZUMBA★	CORE	BODYCOMBAT VIRTUAL★
12.30 - 13.20	SCI	VIRTUAL CYCLING★	VIRTUAL CYCLING★	VIRTUAL CYCLING★	VIRTUAL CYCLING★	VIRTUAL CYCLING★	VIRTUAL CYCLING★	VIRTUAL CYCLING★
14.20 - 15.10	SAD	MOVE IT★	CORE★	GAC	BODYPUMP	ESTIRAMENTS		
15.00 - 15.50	ATX	STRENGTH	FUNCTIONAL	HYBRID	STRENGTH	FUNCTIONAL		
15.20 - 16.10	SCI	VIRTUAL CYCLING★	VIRTUAL CYCLING★	VIRTUAL CYCLING★	VIRTUAL CYCLING★	CYCLING★		
15.20 - 16.10	SAD	BODYPUMP	BALANCE	ZUMBA★	CORE★			
17.00 - 17.50	SAD	BODYPUMP	ESTIRAMENTS★	CORE	ZUMBA★	GAC★		
17.00 - 17.50	SCI						VIRTUAL CYCLING★	
17.00 - 17.50	ATX	STRENGTH	FUNCTIONAL	HYBRID	STRENGTH	FUNCTIONAL		
17.20 - 18.00	SMP	ZUMBA-KIDS 8-14 anys★		ACROSPORT KIDS★				
17.10 - 18.10	SCM		IOGA		IOGA			
17.20 - 18.10	SFU		HBX KIDS 8 A 14★		HBX KIDS 8 A 14★			
18.00 - 18.50	SAD	BODYATTACK★	GAC	ZUMBA	BODYCOMBAT	BODYPUMP	BODYCOMBAT VIRTUAL★	
18.00 - 18.50	SCM	ESTIRAMENTS						
18.00 - 18.50	SCI	VIRTUAL CYCLING★	CYCLING★	CYCLING★	VIRTUAL CYCLING	VIRTUAL CYCLING★		
18.00 - 18.50	ATX	STRENGTH	FUNCTIONAL	HYBRID	STRENGTH	FUNCTIONAL		
18.10 - 18.50	SFU		HBX KIDS 8 A 14★		HBX KIDS 8 A 14★			
18.10 - 19.00	SCM		PILATES		PILATES			
19.00 - 19.50	SAD	GAC	ZUMBA	BODYCOMBAT	BODYPUMP	ESTIRAMENTS★	BODYPUMP VIRTUAL	
19.00 - 19.50	SCI	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING★	CYCLING★		
19.00 - 19.40	SFU				HBX FUSION / BOXING			
19.00 - 19.50	SCM	PILATES		PILATES	HIPOPRESSIUS			
19.00 - 19.50	ATX	STRENGTH	FUNCTIONAL	HYBRID	STRENGTH	FUNCTIONAL		
20.00 - 20.50	SAD	BODYPUMP	BODYCOMBAT	ZUMBA	CORE	BODYCOMBAT VIRTUAL		
20.00 - 20.50	SCI	CYCLING	CYCLING	VIRTUAL CYCLING★	CYCLING★			
20.00 - 20.40	SFU			HBX FUSION / BOXING				
20.00 - 20.50	SCM	PILATES		PILATES				
20.10 - 21.00	SCM		IOGA		IOGA			
21.00 - 21.50	SAD	CORE*	BODYPUMP	COUNTRY	COUNTRY			
21.00 - 21.50	SCI		VIRTUAL CYCLING★		CYCLING★			
21.00 - 21.40	SFU			HBX FUSION / BOXING				
21.00 - 21.50	SCM	PILATES	COUNTRY	PILATES				

★ Activitats dirigides a partir de 12 anys

ACTIVITATS DIRIGIDES D'AIGUA

Horari	Piscina	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07.00 - 07.45	P. Gran	AQUATRaining		AQUATRaining		AQUATRaining		
07.00 - 07.45	P. Social		AQUAGIM		AQUAGIM			
08.30 - 09.15	P. Social	AQUADOLÇ	AQUAGIM	AQUADOLÇ	AQUAGIM	AQUAGIM		
09.00 - 09.45	P. Social						AQUAGIM★	
09.15 - 10.00	P. Social	AQUAGIM	AQUADOLÇ	AQUAGIM	AQUADOLÇ	AQUAGIM		
10.00 - 10.45	P. Social	AQUAGIM		AQUAGIM		AQUAGIM		
10.45 - 11.30	P. Social	AQUAGIM			AQUAGIM			
10.45 - 11.31	P. Gran		AQUATRaining					
12.30 - 13-15	P. Social	NAT. TERAPEUTICA	NAT. TERAPEUTICA		NAT. TERAPEUTICA			
15.15 - 16.00	P. Gran			AQUATRaining				
15.15 - 16.00	P. Social	AQUAGIM	AQUAGIM		AQUAGIM	AQUAGIM		
16.00 - 16.45	P. Social			AQUAGIM				
18.30 - 19.30	P. Social		EMBARASSADES		EMBARASSADES			
19.30 - 20.15	P. Social	AQUAGIM★	AQUATABATA★	AQUAGIM★	AQUAGIM★			
19.30 - 20.00	P. Social					AQUAHIIT★		