



# Horaris d'activitats dirigides

a partir del 22 d'abril de 2025

| Inici | Fi    | Espai   | Dilluns            | Dimarts         | Dimecres           | Dijous             | Divendres       | Dissabte        | Diumenge        |
|-------|-------|---------|--------------------|-----------------|--------------------|--------------------|-----------------|-----------------|-----------------|
| 7:15  | 8:00  | Sala 2  |                    | CYCLING         |                    | VIRTUAL CYCLING    | CYCLING         |                 |                 |
| 7:30  | 8:15  | Piscina |                    | AIGUAGIM        |                    | AIGUAGIM           |                 |                 |                 |
| 7:30  | 8:25  | Sala 1  | OMGlute            |                 | PILATES            |                    |                 |                 |                 |
| 7:45  | 8:30  | Sala 2  | VIRTUAL CYCLING    |                 | VIRTUAL CYCLING    |                    |                 |                 |                 |
| 9:30  | 10:15 | Piscina |                    | AIGUAGIM        |                    | AIGUAGIM           |                 |                 |                 |
| 9:30  | 10:15 | Sala 2  | CYCLING            |                 | CYCLING            |                    | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 9:30  | 10:25 | Sala 1  | ZUMBA fitness      | PILATES         | OMGlute            | LES MILLS BODYPUMP | BODY BURN       |                 |                 |
| 10:30 | 11:25 | Sala 1  | IOGA               | GIMSUAU         |                    | POSTURAL           | PILATES         |                 |                 |
| 10:30 | 11:15 | Sala 2  |                    | VIRTUAL CYCLING |                    | VIRTUAL CYCLING    |                 |                 |                 |
| 10:45 | 11:30 | Piscina | AIGUAGIM           |                 | AIGUAGIM           | AIGUAGIM           | AIGUAGIM        |                 |                 |
| 11:30 | 12:15 | Sala 2  | VIRTUAL CYCLING    |                 | VIRTUAL CYCLING    |                    | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 12:30 | 13:15 | Piscina |                    |                 |                    |                    |                 | AIGUAGIM        |                 |
| 13:30 | 14:15 | Sala 2  | VIRTUAL CYCLING    |                 | VIRTUAL CYCLING    |                    | VIRTUAL CYCLING |                 |                 |
| 15:30 | 16:15 | Piscina |                    | AIGUAGIM        |                    | AIGUAGIM           |                 |                 |                 |
| 15:30 | 16:15 | Sala 1  |                    | PILATES         | ZUMBA fitness      | OMGlute            |                 |                 |                 |
| 15:30 | 16:15 | Sala 2  |                    | VIRTUAL CYCLING |                    | VIRTUAL CYCLING    |                 |                 |                 |
| 15:30 | 16:25 | Sala 1  | IOGA               |                 |                    |                    |                 |                 |                 |
| 17:30 | 18:15 | Sala 2  | VIRTUAL CYCLING    |                 | VIRTUAL CYCLING    | VIRTUAL CYCLING    | CYCLING         |                 |                 |
| 17:30 | 18:25 | Sala 1  | PILATES            | POSTURAL        | IOGA               |                    |                 |                 |                 |
| 18:30 | 19:15 | Sala 2  |                    | CYCLING         |                    | CYCLING            |                 |                 |                 |
| 18:30 | 19:25 | Sala 1  | HIIT               | ZUMBA fitness   | LES MILLS BODYPUMP | PILATES            | BODY BURN       |                 |                 |
| 19:15 | 20:00 | Piscina | AIGUAGIM           |                 | AIGUAGIM           |                    |                 |                 |                 |
| 19:30 | 20:15 | Sala 2  | CYCLING            |                 | CYCLING            |                    | VIRTUAL CYCLING |                 |                 |
| 19:30 | 20:15 | Piscina |                    |                 |                    | AIGUAGIM           |                 |                 |                 |
| 19:30 | 20:25 | Sala 1  | LES MILLS BODYPUMP | OMGlute         | ZUMBA fitness      | BODY BURN          |                 |                 |                 |
| 20:30 | 21:25 | Sala 1  | BODY BURN          | PILATES         |                    |                    |                 |                 |                 |
| 20:45 | 21:45 | Sala 2  |                    | VIRTUAL CYCLING |                    | VIRTUAL CYCLING    |                 |                 |                 |

## RESERVA DE PLAÇA:

**Cycling:** caldrà recollir targeta a la recepció per reservar bicicleta i poder participar a la classe.

# SEMPRE AL TEU RITME

La Direcció podrà, quan ho consideri necessari o per causes alienes al centre, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen. Una sessió podrà no impartir-se per impossibilitat de substitució.