

Dilluns						Dimarts						Dimecres						Dijous						Divendres						Dissabte				
FITNESS	SALA 1	SALA 2/BOX	SALA 3	SALA 4	PISC/BOX	FITNESS	SALA1	SALA 2/BOX	SALA 3	SALA 4	PIS/ALT	FITNESS	SALA 1	SALA 2/BOX	SALA 3	SALA 4	PISC/BOX	FITNESS	SALA 1	SALA 2/BOX	SALA 3	SALA 4	PIS/ALT	FITNESS	SALA 1	SALA 2	SALA 3	SALA 4	PISC/BOX		SALA 1	SALA 2	SALA 3	
	CYCLING 7.00						VIRTUAL CYCLING 6.50		ACTIVA'T 6.50				CYCLING 7.00						VIRTUAL CYCLING 6.50		ACTIVA'T 6.50					CYCLING 7.00		MATÍ- PILATES 7.00						
8.00			SERVEI SALUT 8.00		AIGYM PG 8.30	8.00						8.00			SERVEI SALUT 8.00		AIGYM PG 8.30	8.00							8.00					AIGYM PG 8.00				
						9.00																								AIGYM PG 9.00		CYCLING 9.15		
	CYCLING 9.30	FUNCIO NAL 9.15			AIGYM PG 9.30		CYCLING 9.30	SERVEI SALUT 9.15	PILATES 9.15		HIT PME 9.15		CYCLING 9.30	FUNCIO NAL 09:15			AIGYM PG 09.30		CYCLING 9.30	SERVEI SALUT 9.15	PILATES 9.15		HIT PME 9.15		CYCLING 9.30			HIT PME 9.15						
	CYCLING SÈNIOR 10.30	POWER FIT 10.15	PILATES 10.30			10.30		TRX 10.30	SERVEI SALUT 10.30				CYCLING SÈNIOR 10.30	POWER FIT 10.15	PILATES 10.30		AIGYM PP 11.00				TRX 10.30	SERVEI SALUT 10.30					TRX 10.30		FORÇA EQUILIBRI MOBILITAT 10:30		TBC-TRX 10.15			
					AIGYM PP 11.30						HIPOS 11.30						AIGYM PP 12.00						HIPOS 11.30						FORÇA EQUILIBRI MOBILITAT 11:30				PILATES 11.15	
					AIGYM PP 12.15		VIRTUAL CYCLING 12.00										AIGYM PP 12.00		VIRTUAL CYCLING 12.00															
14.00	VIRTUAL CYCLING 13.45					13.00						14.00	VIRTUAL CYCLING 13.45					13.00							14.00									
15.30		TBC-TRX 15.30			AIGYM PG 15.30	15.30	CYCLING 15.30		AERO FITNESS 15.30		AIGYM PP 15.30	15.30			TBC-TRX 15.30		AIGYM PG 15.30	15.30	CYCLING 15.30		AERÒBIC 15.30						TBC-TRX 15.30		AIGYM PG 15.30					
								ABD-FLEX 16.15													ABD-FLEX 16.15													
							VIRTUAL CYCLING 17.00	SERVEI SALUT 17.00					VIRTUAL CYCLING 17.00	SERVEI SALUT 17.00					VIRTUAL CYCLING 17.00	SERVEI SALUT 17.00														
	CYCLING 18.00	TRX 18.00	ZUMBA FITNESS 17.30		HIT PME 17.45		CYCLING 18.15	SERVEI SALUT 18.15	DANCE LINE 17.30	PILATES 17.15			CYCLING 18.00	TRX 18.00	ZUMBA FITNESS 17.30		HIT PME 17.45		CYCLING 18.15	SERVEI SALUT 18.15	TBC 18.30		PILATES 17.15				TBC-TRX 18.00	AERO FITNESS 18.00						
	CYCLING 19.00	SERVEI SALUT 19.00	TBC 18.45	PILATES 18.45	HIT PME 19.00				TBC 18.30	HIPOS 18.30	FUNCIO NAL 18.45		CYCLING 19.00	SERVEI SALUT 19.00	TBC 18.45	PILATES 18.45	HIT PME 19.00		CYCLING 19.30	SERVEI SALUT 19.00				FUNCIO NAL 18.45										
					INICI RUNNING 19.00		CYCLING 19.30	HIPOS 19.30																										
	VIRTUAL CYCLING 20.15	MÒBIL GAC 20.00	FULL BODY WORK 20.00	PILATES 20.00	AIGYM PP 20.00				STEP 19.45	PILATES 19.45	HIT PME 20.00		VIRTUAL CYCLING 20.15	MÒBIL GAC 20.00	FULL BODY WORK 20.00	PILATES 20.00	AIGYM PP 20.00																	
22.00						22.00						22.00						22.00							22.00									

Activitats cardiovasculars ritmiques

- CYCLING 45'
- DANCE TONO / STEP 55'
- AEROFITNESS
- ZUMBA FITNESS 55'
- RUNNING 55'
- LINE DANCE 55'
- VIRTUAL CYCLING 45'

Activitats de condicionament físic

- HIT PME 55' ****
- FULL BODY WORK 55' ****
- TRX 45' ****
- TBC / TBC-TRX 55' ***
- ACTIVA'T 55' ***
- SER SALUT / GIM SUAU 55' **
- FUNCIONAL 55' ***
- MÒBIL GAC 55' **
- POWERFIT 55' ****
- FORÇA I MOBILITAT 55' **

Activitats aquàtiques

- AIGYM PG 45'
- AIGYM PP * 45'
- Activitats cos – ment
- PILATES 55'

Fora d'abonament

- GIM HIPOPRESSIVA 45'
- IOGA IYENGAR 75'

- * Intensitat baixa
- ** Intensitat mitja
- *** Intensitat alta
- **** Intensitat molt alta

Assessorament tècnic sala fitness

