

HORARI D'ACTIVITATS DIRIGIDES AGOST 2022

| DILLUNS | | DIMARTS | | DIMECRES | | DIJOUS | | DIVENDRES | | DISSABTE | | DIUMENGE | |
|-------------|--------------|-------------|-----------------|-------------|--------------|-------------|------------|-------------|--------------|-------------|----------|-------------|---------|
| HORA | CLASSE | HORA | CLASSE | HORA | CLASSE | HORA | CLASSE | HORA | CLASSE | HORA | CLASSE | HORA | CLASSE |
| 06:15-07:00 | CYCLING | | | 06:15-07:00 | SYNRGY | 06:15-07:00 | TABATA | | | | | | |
| 07:10-08:00 | BODYPUMP | 07:10-08:00 | HBX | 07:15-08:00 | HIIT | 07:10-08:00 | CYCLING | 07:10-08:00 | BODYPUMP | | | | |
| 07:15-08:00 | AQUAGYM | 07:15-08:00 | TÈCNICA NATACIÓ | 07:15-08:00 | AQUAGYM | | | 07:15-08:00 | AQUAGYM | | | | |
| 08:15-09:00 | AQUAGYM | 08:10-09:00 | BODYPUMP | 08:15-09:00 | SYNRGY | 08:00-08:30 | ABDOMINALS | 08:10-09:00 | ESPAI ESTIRA | | | | |
| | | | | 08:15-09:00 | AQUAGYM | 08:30-09:30 | LOWERBODY | 08:15-09:00 | AQUAGYM | | | | |
| 09:15-10:00 | AQUAGYM | 09:15-10:00 | AQUAGYM | 09:15-10:00 | AQUAGYM | 09:15-10:00 | AQUAGYM | 09:15-10:00 | AQUAGYM | | | | |
| 09:30-10:20 | BODYPUMP | 09:30-10:20 | ZUMBA | 09:30-10:20 | TBC | 09:00-09:30 | UPPERBODY | 09:30-10:20 | GAC | | | | |
| 09:30-10:20 | ESQUENA SANA | | | | | 09:30-10:00 | LOWERBODY | | | 09:30-10:20 | AQUAGYM | | |
| 10:30-11:20 | ESPAI ESTIRA | 10:30-11:15 | SYNRGY | 10:30-11:20 | ESPAI ESTIRA | 10:00-10:30 | ABDOMINALS | 10:30-11:15 | SYNRGY | 09:30-10:20 | BODYPUMP | | |
| | | 10:30-11:20 | PILATES | | | | | | | 10:30-11:20 | CYCLING | | |
| 11:15-12:00 | AQUAMAMIS | | | | | | | | | 11:30-12:15 | SYNRGY | | |
| 13:40-14:20 | CYCLING | 13:40-14:20 | BODYPUMP | 13:40-14:20 | CYCLING | 13:40-14:20 | SYNRGY | | | | | | |
| | | | | 13:45-14:30 | HIPOPRESSIUS | | | | | | | | |
| | | 16:10-17:00 | ZUMBA | | | 15:20-16:10 | TBC | | | | | | |
| 17:10-18:00 | BODYPUMP | | | 17:10-18:00 | SYNRGY | | | | | | | | |
| 18:10-19:00 | ZUMBA | 18:10-19:00 | BODYPUMP | 18:10-19:00 | HIPOPRESSIUS | 18:10-19:00 | HBX | 18:10-19:00 | ZUMBA | | | | |
| 18:10-19:00 | CYCLING | 18:10-19:00 | CYCLING | 18:10-19:00 | BODYPUMP | 18:10-19:00 | CYCLING | | | | | | |
| 18:15-19:00 | SYNRGY | 18:10-19:00 | ESQUENA SANA | | | 18:10-19:00 | GAC | | | | | | |
| 19:10-20:00 | BODYPUMP | 19:10-20:00 | TABATA | 19:00-19:30 | ABDOMINALS | 19:10-20:00 | CYCLING | 19:15-20:00 | SYNRGY | | | | |
| 19:10-20:00 | CYCLING | 19:10-20:00 | IOGA | 19:30-20:00 | LOWERBODY | 19:10-20:00 | PILATES | | | | | | |
| 19:10-20:00 | ESPAI ESTIRA | 19:15-20:00 | TÈCNICA NATACIÓ | 19:15-20:00 | AQUAGYM | 19:15-20:00 | SYNRGY | | | | | 19:15-20:00 | AQUAGYM |
| 20:10-21:00 | HBX | 20:10-21:00 | GAC | 20:00-20:30 | GLUTIS | | | | | | | | |

