

	Dilluns	Dimarts	Dimecres	Dijous	Divendres
06:10	Cycling HBX Boxing	TRX Bodypump Estudi Pilates*	GAC		
06:15			HIIT	Tabata	Fun. Training
07:10	Bodypump	Cycling HBX Boxing loga	Estudi Pilates*	Cycling	
07:15	Fun. Training Aiguagim	Tèc. Natació	HIIT Aiguagim	Tèc. Natació Fun. Training	Tabata Aiguagim
08:00				Abdominals	
08:10		Mobility Bodypump	Esquena sana		Espai Estira
08:15	Aiguagim Tabata	Aiguagim	Aiguagim Fun. Training		Aiguagim HIIT
08:30				Lowerbody	
09:00	Abdominals	Glutis	Glutis	Upperbody	Abdominals
09:10		loga			
09:15	Aiguagim	Aiguagim	Aiguagim	Aiguagim	Aiguagim
09:30	Bodypump Mobility Cycling Esquena sana	HBX Boxing	Pilates TBC Cycling Estudi Pilates*	TBC loga	Esquena sana GAC Estudi Pilates*
10:10		Zumba			
10:15		Fun. Training			
10:30	Aiguagim Espai Estira Foam Roller Estudi Pilates*	Pilates Estudi Pilates*	Mobility Espai Estira Estudi Pilates*	Hipopressius	Fun. Training TBC loga Estudi Pilates*
11:00		Glutis			
11:15	Aiguamamis*		Aiguamamis*		
11:30			Free Dance	Estudi Pilates*	
12:30					Estudi Pilates*
13:40	Cycling HBX Boxing TBC	Bodypump	Cycling	TBC Estudi Pilates*	Cycling
13:45		Fun. Training	Fun. Training Hipopressius	Tèc. Natació Tabata	
14:30	TBC			Bodypump	
14:40		GAC			
15:10	Estudi Pilates*		HBX Boxing		
15:15			Hipopressius		
15:20	Bodypump			TBC	Bodypump
15:30		Lowerbody	Aiguatonic		Aiguafit
16:10		Zumba	Espai Estira	Estudi Pilates*	
16:15		Aiguamamis*		Aiguamamis*	Fun. Training
16:30	Glutis				
17:00		Upperbody			
17:10	Bodypump loga	Estudi Pilates*	Pilates	Bodypump	GAC
17:15	Fun. Training	Tabata	Fun. Training		
17:30		Lowerbody			
18:00			Glutis		Upperbody
18:10	Cycling TBC	Cycling Bodypump Mobility Estudi Pilates*	Cycling Bodypump Hipoiooga Estudi Pilates*	Cycling Free Dance	Pilates Zumba
18:15	Fun. Training Tabata	Fun. Training		Fun. Training Tabata	
18:30			Abdominals		Glutis loga
19:10	Cycling Bodypump Espai Estira Estudi Pilates*	Cycling K1 Speed Estudi Pilates*	Cycling Bodycombat Estudi Pilates*	Cycling Pilates Estudi Pilates* TBC	
19:15	Fun. Training Aiguatonic	Fun. Training Aiguafit Tabata	Fun. Training Aiguafuncional HIIT	Fun. Training Aiguacardio	Fun. Training
20:00		Abdominals	Glutis		
20:10	GAC HBX Boxing	loga	Zumba	Bodypump Estudi Pilates*	
20:15		Fun. Training			
20:30			Abdominals		

	Dissabte	Diumenge
09:10	Cycling Bodypump	Cycling
09:15	Aiguagim	
09:30	Fun. Training	Fun. Training
10:10	Cycling Bodypump	Cycling
10:15	Estudi Pilates*	
10:30		Fun. Training
11:10	Bodycombat	
11:15	Fun. Training	
19:00		Aiguagim

# HORARI D'ACTIVITATS DIRIGIDES



**ESPAI**  
ESPORT WELLNESS PADEL

## Horari

De dilluns a divendres de **06:00 a 23:00 h**  
Dissabtes, diumenges i festius de **08:00 - 21:30 h**

**OBERT  
360  
DIES L'ANY**

\*Activitats de pagament fora de quota.  
El centre es reserva el dret de modificar l'horari  
d'activitats dirigides.