

## HORARI D'ACTIVITATS DIRIGIDES AGOST 2026

Horari del dissabte 1 d'agost al diumenge 30 d'agost (ambdós inclosos)



| DILLUNS     |              |         | DIMARTS     |            |         | DIMECRES    |              |         | DIJOUS      |            |         | DIVENDRES   |              |         | DISSABTE    |            |         |
|-------------|--------------|---------|-------------|------------|---------|-------------|--------------|---------|-------------|------------|---------|-------------|--------------|---------|-------------|------------|---------|
| HORA        | CLASSE       | SALA    | HORA        | CLASSE     | SALA    | HORA        | CLASSE       | SALA    | HORA        | CLASSE     | SALA    | HORA        | CLASSE       | SALA    | HORA        | CLASSE     | SALA    |
| 06:10-07:00 | CYCLING      | CYCLING |             |            |         | 06:15-07:00 | HIIT         | AADD1   | 06:15-07:00 | TABATA     | AADD1   |             |              |         |             |            |         |
| 07:15-08:00 | FUNCTIONAL   | Z.FUN   | 07:10-08:00 | CYCLING    | CYCLING | 07:15-08:00 | HIIT         | AADD1   | 07:10-08:00 | CYCLING    | CYCLING | 07:10-08:00 | TABATA       | AADD1   |             |            |         |
| 08:15-09:00 | AIGUAGIM     | PISCINA | 08:10-09:00 | BODYPUMP   | AADD1   |             | AIGUAGIM     | PISCINA |             |            |         | 07:15-08:00 | AIGUAGIM     | PISCINA |             |            |         |
| 09:15-10:00 | AIGUAGIM     | PISCINA | 09:10-10:00 | IOGA       | AADD1   | 08:15-09:00 | FUNCTIONAL   | Z.FUN   |             |            |         | 08:10-09:00 | ESPAI ESTIRA | AADD1   |             |            |         |
| 09:30-10:20 | BODYPUMP     | AADD1   | 09:15-10:00 | AIGUAGIM   | PISCINA | 09:15-10:00 | AIGUAGIM     | PISCINA | 09:30-10:20 | IOGA       | AADD2   | 09:15-10:00 | AIGUAGIM     | PISCINA | 09:10-10:00 | BODYPUMP   | AADD1   |
|             | ESQUENA SANA | AADD2   | 10:10-11:00 | ZUMBA      | AADD1   |             | AIGUAGIM     | PISCINA |             | TBC        | AADD1   | 09:15-10:00 | ESQUENA SANA | AADD2   | 09:15-10:00 | AIGUAGIM   | PISCINA |
| 10:30-11:20 | ESPAI ESTIRA | AADD1   | 10:30-11:20 | PILATES    | AADD2   | 09:30-10:20 | TBC          | AADD1   |             |            |         | 09:30-10:20 | GAC          | AADD1   | 10:10-11:00 | CYCLING    | CYCLING |
|             | FOAM ROLLER  | AADD2   |             |            |         | 09:30-10:20 | CYCLING      | CYCLING |             |            |         | 10:30-11:15 | FUNCTIONAL   | Z.FUN   | 11:15-12:00 | FUNCTIONAL | Z.FUN   |
|             |              |         |             |            |         | 09:30-10:20 | PILATES      | AADD2   |             |            |         |             |              |         |             |            |         |
|             |              |         |             |            |         | 10:30-11:20 | ESPAI ESTIRA | AADD2   |             |            |         |             |              |         |             |            |         |
|             |              |         | 13:40-14:20 | FUNCTIONAL | Z.FUN   | 11:30-12:20 | FREE DANCE   | AADD1   |             |            |         |             |              |         | DIUMENGE    |            |         |
| 13:40-14:20 | CYCLING      | CYCLING | 16:10-17:00 | ZUMBA      | AADD1   | 11:30-12:20 | CYCLING      | CYCLING |             |            |         |             |              |         | HORA        | CLASSE     | SALA    |
| 17:10-18:00 | BODYPUMP     | AADD1   | 17:15-18:00 | TABATA     | Z.FUN   | 17:10-18:00 | PILATES      | AADD1   | 17:10-18:00 | BODYPUMP   | AADD1   |             |              |         | 9:30-10:15  | FUNCTIONAL | Z.FUN   |
| 18:10-19:00 | CYCLING      | CYCLING | 18:10-19:00 | CYCLING    | CYCLING | 17:15-18:00 | FUNCTIONAL   | Z.FUN   | 18:10-19:00 | FREE DANCE | AADD1   |             |              |         |             |            |         |
| 18:15-19:00 | FUNCTIONAL   | Z.FUN   |             | BODYPUMP   | AADD1   | 18:10-19:00 | BODYPUMP     | AADD1   |             | CYCLING    | CYCLING | 18:10-19:00 | ZUMBA        | AADD1   |             |            |         |
| 19:10-20:00 | BODYPUMP     | AADD1   | 19:10-20:00 | CYCLING    | CYCLING | 19:10-20:00 | ZUMBA        | AADD1   | 18:15-19:00 | FUNCTIONAL | Z.FUN   |             |              |         |             |            |         |
|             | CYCLING      | CYCLING | 19:10-20:00 | IOGA       | AADD2   |             | FUNCTIONAL   | Z.FUN   | 19:10-20:00 | PILATES    | AADD2   |             |              |         |             |            |         |
|             | ESPAI ESTIRA | AADD2   | 19:15-20:00 | FUNCTIONAL | Z.FUN   | 19:15-20:00 | AIGUAGIM     | PISCINA | 19:15-20:00 | FUNCTIONAL | Z.FUN   | 19:15-20:00 | FUNCTIONAL   | Z.FUN   | 19:15-20:00 | AIGUAGIM   | PISCINA |

\*El centre es reserva el dret de fer modificacions en l'horari d'agost 2026.