

HORARI ACTIVITATS DIRIGIDES

TEMPORADA 2025-2026



Hores	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge	Sala	Hores
7:15 - 8:15	PND		NATACIÓ-Santi						PND	7:15 - 8:15
7:30 - 8:15	3C	CYCLING-Blay	CYCLING-Diana	CYCLING-Blay	CYCLING-Xavi	CYCLING-Blay			3C	7:30 - 8:15
7:35 - 8:30	1	BODYPUMP Hugo	FUNCIONAL TRAINING-Juanjo		FUNCIONAL TRAINING-Diana				1	7:35 - 8:30
7:35 - 8:30	SAR			★ H Y R O X Artur					SAR	7:35 - 8:30
8:05 - 9:00	1			BODYPUMP Hugo					1	8:05 - 9:00
8:15 - 8:30	GYM			ESCOLA D'ESQUENA 15 min					GYM	8:15 - 8:30
8:30 - 9:15	3C	CYCLING-Blay		CYCLING-Blay					3C	8:30 - 9:15
8:35 - 9:30	2	EN FORMA-Juani	EN FORMA-Hugo	TOTAL TRAINING-J.Becerril	EN FORMA-Hugo	TOTAL TRAINING-Nieves			2	8:35 - 9:30
9:00 - 9:45	3C		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL			3C	9:00 - 9:45
9:00 - 9:45	PA		AQUAGYM-Diana		AQUAGYM-Diana				PA	9:00 - 9:45
9:00 - 10:15	4		YOGA-Kiko		YOGA-Barbara B.				4	9:00 - 10:15
9:05 - 10:00	4	PILATES-Kelly		PILATES-Juani		PILATES-Blay			4	9:05 - 10:00
9:35 - 10:30	2	TONO-Nieves	AERODANCE-J. Becerril	TOT BODY-J. Becerril	TONO-Sandra	ZUMBA-Nieves	GAC		2	9:35 - 10:30
9:35 - 10:30	4						YOGA	PILATES	4	9:35 - 10:30
10:00 - 11:15	4								4	10:00 - 11:15
10:00 - 10:45	3C	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING	CYCLING	3C	10:00 - 10:45
10:35 - 11:30	2	TOT BODY-Nieves	PILATES REHAB- J. Becerril	ZUMBA-Nieves		TOT BODY-Nieves	TOT BODY	TONO	2	10:35 - 11:30
10:35 - 11:30	4			GYM SUAU-Barbara F.	PILATES-Sandra				4	10:35 - 11:30
11:00 - 11:45	PA		AQUAFIT-Sara		AQUAFIT-Diana				PA	11:00 - 11:45
11:00 - 11:45	3C						CYCLING VIRTUAL	CYCLING VIRTUAL	3C	11:00 - 11:45
11:35 - 12:30	2			SEVILLANES-Nieves			FITNESS HIIT	GAC	2	11:35 - 12:30
11:35 - 12:30	4	GYM SUAU-J. Becerril				GYM SUAU-Alex			4	11:35 - 12:30
11:40 - 12:35	4						PILATES		4	11:40 - 12:35
11:45 - 13:00	4		YOGA-Adriana		YOGA-Barbara B.				4	11:45 - 13:00
12:00 - 12:45	PA	AQUAGYM-Barbara F.	AQUAFIT-Sara	AQUAGYM-Barbara F.	AQUAFIT-Sara	AQUAGYM-Barbara F.		AQUAFIT	PA	12:00 - 12:45
12:00 - 12:45	3C						CYCLING VIRTUAL	CYCLING VIRTUAL	3C	12:00 - 12:45
13:00 - 13:45	3C	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			3C	13:00 - 13:45
14:05 - 15:00	4	YOGA-Barbara B.	PILATES-Sandra	YOGA-Barbara B.	PILATES-Sandra				4	14:05 - 15:00
14:15 - 15:00	3C	CYCLING-Kir	CYCLING-Xavi	CYCLING-Blay	CYCLING-Blay	CYCLING-Kir			3C	14:15 - 15:00
14:15 - 15:00	SAR					★ H Y R O X Javi Nogales			SAR	14:15 - 15:00
14:15 - 15:00	1	FUNCIONAL TRAINING-Pol G.	BODYPUMP Juani	FUNCIONAL TRAINING-Carles	BODYPUMP Hugo				1	14:15 - 15:00
14:35 - 15:30	2	STEP-J. Rubio	TOT BODY-J. Rubio	STEP-INTERVAL-J. Becerril	TOT BODY-J. Rubio	TOTAL TRAINING-Sara			2	14:35 - 15:30
15:10 - 15:30	1	Abdominal 20'-Kir	Abdominal 20'-Juani	Abdominal 20'-Blay	Abdominal 20'-Hugo	Abdominal 20'-Kir			1	15:10 - 15:30
16:00 - 16:45	3	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL			3	16:00 - 16:45
16:35 - 17:30	1	TONO-Juani	★ GAC-Sergi	BODYPUMP Cristina					1	16:35 - 17:30
16:45 - 17:30	3		CYCLING VIRTUAL		CYCLING VIRTUAL				3	16:45 - 17:30
17:35 - 18:30	1	GAC-Sara	BODYPUMP Kir	TONO-Cristina	GAC-Kir				1	17:35 - 18:30
17:35 - 18:30	2					CORE-Kir			2	17:35 - 18:30
17:35 - 18:30	4			PILATES-Sergi		PILATES-Hugo			4	17:35 - 18:30
17:45 - 18:30	3C	CYCLING-Nico	CYCLING-Diana	CYCLING-Diana	CYCLING VIRTUAL	CYCLING VIRTUAL			3C	17:45 - 18:30
18:05 - 19:00	2	EN FORMA-J. Becerril	EN FORMA-Sara	GAC-Kir	TONO-Irene				2	18:05 - 19:00
18:05 - 19:00	1					BODYPUMP Sergi			1	18:05 - 19:00
18:00 - 19:15	4		YOGA-Marta		YOGA-Joan				4	18:00 - 19:15
18:35 - 19:30	1	BODYPUMP Sara	CORE-Kir	BODYPUMP Cristina	ZUMBA - Nieves				1	18:35 - 19:30
18:35 - 19:30	2					TOT BODY-Hugo			2	18:35 - 19:30
18:35 - 19:30	4	PILATES-Juani							4	18:35 - 19:30
18:35 - 19:45	4			YOGA INICIACION-Marta					4	18:35 - 19:45
18:45 - 19:30	3C	CYCLING-Diana	CYCLING-Chus	CYCLING-Sergi	CYCLING-Kir	CYCLING-Kir			3C	18:45 - 19:30
18:45 - 20:00	4					YOGA-Adriana			4	18:45 - 20:00
19:00 - 19:45	PA	AQUAFIT-Nico	AQUAFIT-Diana	AQUAFIT-Diana	AQUAFIT-Nico				PA	19:00 - 19:45
19:00 - 20:00	EXT		RUNNING- Oriol						EXT	19:00 - 20:00
19:05 - 20:00	CONT	★ H Y R O X Artur	★ H Y R O X Oscar		★ H Y R O X Oscar				CONT	19:05 - 20:00
19:05 - 20:00	SAR								SAR	19:05 - 20:00
19:05 - 20:00	2	TOT BODY- J. Becerril	TONO-Sara	TOT BODY-Kir	TOT BODY-Sergi				2	19:05 - 20:00
19:20 - 20:15	4		PILATES-Juani		PILATES-Irene				4	19:20 - 20:15
19:35 - 20:30	1	TONO-Sara	FITNESS HIIT- Kir	★ TONO-Cristina	BODYPUMP Diana				1	19:35 - 20:30
19:35 - 20:50	4	YOGA-Lali							4	19:35 - 20:50
19:45 - 20:40	SAR			★ H Y R O X Artur					SAR	19:45 - 20:40
19:45 - 20:30	3C	CYCLING-Diana	CYCLING-Chus	CYCLING-Sergi	CYCLING-Kir	CYCLING VIRTUAL			3C	19:45 - 20:30
20:05 - 21:00	2	DANCE/STEP- J. Becerril	TOT BODY-Sara	★ STEP INTERVAL-Kir					2	20:05 - 21:00
20:45 - 21:30	3C	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL					3C	20:45 - 21:30

Sala	
1	Sala 1
2	Sala 2
3C	Sala 3 Cycling
4	Sala 4
Ext	Exterior
PA	Piscina Actividades
PND	Piscina Natación Deportiva
GYM	Gimnasio