



Horari d'Activitats Dirigides

TEMPORADA 2024-25

Hores		Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:15	8:15	PND		NATAció- Santi					
7:30	8:15	3C	CYCLING- Blay	CYCLING- Diana	CYCLING- Blay	CYCLING- Diana	CYCLING- Blay		
7:35	8:30	1		FUNCIONAL TRAINING -Juanjo		FUNCIONAL TRAINING - Diana			
8:05	9:00	1			BODY PUMP- Juani				
8:15	8:30	GYM			ESCOLA D'ESQUENA 15 min				
8:30	9:15	3C	CYCLING-Blay		CYCLING- Blay				
8:35	9:30	2	EN FORMA-Juani	EN FORMA-Hugo	TOTAL TRAINING -J Becerril	EN FORMA-Hugo	TOTAL TRAINING - Sara		
9:05	10:00	4	PILATES-Barbara F.	YOGA-KIKO	PILATES-Juani	YOGA-Lali	PILATES-Javier Blay		
9:00	9:45	3C		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
9:00	9:45	PA		AQUAGYM-Diana		AQUAGYM-Diana			
9:35	10:30	2	TONO- Nieves	AERODANCE-J. Becerril	TOT BODY-J: Becerril	TONO-Sandra	ZUMBA-Nieves	GAP	
9:35	10:30	4							PILATES
10:00	11:15	4						YOGA	
10:00	10:45	PA	AQUAFIT- Hugo		AQUAFIT-Barbara F.		AQUAFIT-Barbara F.		
10:00	10:45	3C	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING	CYCLING
10:35	11:30	2	TOT BODY-Nieves	PILATES REHAB- J. Becerril	ZUMBA-Nieves		TOT BODY-Nieves	TOT BODY	TONO
10:35	11:30	4				PILATES-Sandra			
10:35	11:30	2			SEVILLANES-nieves				
11:00	11:45	3C						CYCLING VIRTUAL	CYCLING VIRTUAL
11:35	12:30	2						FITNESS HIIT	GAP
11:35	12:30	4	GYM SUAUI-J. Becerril				GYM SUAUI-Juani		
11:40	12:45	4						PILATES	
11:45	13:00	4		YOGA-judith		YOGA-Barbara Borgia			
12:00	12:45	PA	AQUAGYM-Barbara F.	AQUAFIT-Sara	AQUAGYM-Barbara F.	AQUAFIT-Sara	AQUAGYM-Barbara F.		AQUAFIT
12:00	12:45	3C							
13:00	13:45	3C	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
14:00	15:00	EXT				RUNNING- Oriol			
14:05	15:00	4	YOGA-Barbara Borgia	PILATES-Sandra	YOGA-Barbara Borgia	PILATES-Sandra			
14:15	15:00	3C	CYCLING-Kir	CYCLING-Irene	CYCLING-Isra	CYCLING-Irene	CYCLING-Kir		
14:15	15:00	1	FUNCIONAL TRAINING -Pol G.	BODY PUMP- Juani	FUNCIONAL TRAINING - Carles	BODY PUMP- Hugo	FUNCIONAL TRAINING -Javi Nogales		
14:35	15:30	2	STEP-J. Rubio	TOT BODY-J. Rubio	STEP-INTERVAL- Becerril	TOT BODY-J. Rubio	TOTAL TRAINING		
15:10	15:30	1	Abdominal 20'-Kir	Abdominal 20'- Juani	Abdominal 20'- Barbara Borgia	Abdominal 20'-Hugo	Abdominal 20'-Kir		
17:35	18:30	1	GAP-Sara	BODY PUMP- hugo	TONO-Kir	EN FORMA-Bàbara F.	CORE-Kir		
17:45	18:30	3C	CYCLING-Hugo	CYCLING- Diana	CYCLING- Diana	CYCLING VIRTUAL	CYCLING VIRTUAL		
18:05	19:00	2	EN FORMA-J. Becerril	EN FORMA-SARA	TBC-Fabio	TONO-Irene	TONO-Hugo		
18:05	19:00	4	PILATES-Juani		YOGA INICIACION-Marta				
18:00	19:15	4		YOGA-Marta		YOGA-Joan			
18:35	19:30	1	BODY PUMP- Sara	TBC- Hugo	BODY PUMP- Kir	BODY PUMP- Diana			
18:45	20:00	4					YOGA-Lali		
18:45	19:30	3C	CYCLING-Irene	CYCLING-Kir	CYCLING-Sara	CYCLING-Chus	CYCLING-Kir		
19:00	19:45	PA	AQUAFIT-Hugo	AQUAFIT-Diana	AQUAFIT-Diana				
19:00	20:00	EXT		RUNNING- Oriol					
19:05	20:00	CONT		CROSS TRAINING- Oscar		CROSS TRAINING- Oscar			
19:05	20:00	2	TOT BODY-Becerril	TONO-Sara	TOT BODY-Fabio	TOT BODY-Hugo	GAP-Hugo		
19:20	20:15	4		PILATES-Juani		PILATES-Irene			
19:35	20:30	CONT	CROSS TRAINING -Artur		CROSS TRAINING -Artur				
19:35	20:30	1	TONO-Sara	FITNESS HIIT- Hugo		FITNESS HIIT - Diana			
19:35	20:50	4	YOGA-Lali		YOGA-Marta				
19:45	20:30	3C	CYCLING-Irene	CYCLING-Kir	CYCLING-Sara	CYCLING-Chus	CYCLING VIRTUAL		
20:05	21:00	2	DANCE/STEP- J. Becerril	TOT BODY-Sara	AERO-STYLE-Fabio	TBC-Hugo			
20:45	21:30	3C	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL				

Sala	
1	Sala 1
2	Sala 2
3C	Sala 3 Cycling
4	Sala 4
Ext	Exterior
PA	Piscina Actividades
PND	Piscina Natación Deportiva (25m.)
GYM	Gimnasio

NOVETATS I MODIFICACIONS

*La direcció es reserva el dret de modificar l'horari i el contingut d'activitats que en ell s'ofereixen.

*En el Període de Vacances escolars hi haurà un horari reduït