

HORARI NADAL 2025

Hores		Sala	Dilluns 29	Dimarts 30	Dimecres 31	Dijous 1	Divendres 2	Dissabte 3	Diumenge 4	Dilluns 5
7:15	8:15	PND		NATACIÓ- Santi						
7:30	8:15	3C	CYCLING- Blay	CYCLING- Diana	CYCLING- Sergi		CYCLING- Sergi			CYCLING- Blay
7:35	8:30	1	BODY PUMP- Hugo	FUNCIONAL TRAINING -Juanjo						BODY PUMP- Hugo
8:15	8:30	GYM			ESCOLA D'ESQUENA 15 min					
8:35	9:30	2	EN FORMA-Blay	EN FORMA-Hugo	TOTAL TRAINING -Hugo		TOTAL TRAINING -Nieves			EN FORMA-Blay
9:00	9:45	3C		CYCLING VIRTUAL			CYCLING VIRTUAL			
9:00	9:45	PA		AQUAGYM-Diana						
9:00	10:15	4		YOGA-Kiko						
9:05	10:00	4	PILATES-Kelly		PILATES-Sergi		PILATES- Sergi			PILATES-Kelly
9:30	10:15	3C						CYCLING-Xavi	CYCLING-Sara	
9:35	10:30	2	TONO-Blay	AERODANCE-Hugo	TOT BODY-Hugo		ZUMBA-Nieves			TONO- Blay
10:00	10:45	3C	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL			CYCLING VIRTUAL
10:35	11:30	2	TOT BODY-Blay	PILATES REHAB- Kelly	ZUMBA-Hugo		TOT BODY-Nieves	TOT BODY-Hugo	TOT BODY-Sara	TOT BODY-Blay
11:00	11:45	3C						CYCLING VIRTUAL	CYCLING VIRTUAL	
11:35	12:30	4							GAP-Sara	
11:40	12:35	4						PILATES-Hugo		
12:00	12:45	PA	AQUAGYM-Barbara F.	AQUAFIT-Sara	AQUAGYM-Barbara F.		AQUAGYM-Sara			AQUAGYM-Blay
12:00	12:45	3C						CYCLING VIRTUAL	CYCLING VIRTUAL	
13:00	13:45	3C	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL			CYCLING VIRTUAL
14:05	15:00	4	YOGA-Barbara Borgia	PILATES-Sandra	YOGA-Barbara Borgia					YOGA-Barbara Borgia
14:15	15:00	3C	CYCLING-Blay	CYCLING-Xavi	CYCLING- Sergi		CYCLING-Sergi			CYCLING-Blay
14:15	15:00	1		BODY PUMP-Hugo						FUNCIONAL TRAINING- Javi N.
14:35	15:30	2	TONO-Hugo		TOTAL TRAINING -Hugo		TOTAL TRAIN- Sara			TONO-Hugo
15:10	15:30	1	Abdominal 20'-Blay	Abdominal 20'-Hugo	Abdominal 20'-Sergi		Abdominal 20'-Sergi			Abdominal 20'-Blay
16:00	16:45	3C	CYCLING VIRTUAL							CYCLING VIRTUAL
16:35	17:30	1	TONO-Sara							TONO-Sara
16:45	17:30	3C		CYCLING VIRTUAL						
17:35	18:30	1	GAC-Sara	BODY PUMP- Diana						GAC-Sara
17:35	18:30	2					GAC-Hugo			
17:45	18:30	3C	CYCLING-Diana	CYCLING- Sergi			CYCLING VIRTUAL			CYCLING-Diana
18:05	19:00	2		EN FORMA-Sara						
18:00	19:15	4		YOGA-Marta						
18:35	19:30	1	BODY PUMP- Sara							
18:35	19:30	2					TOT BODY-Hugo			
18:05	19:00	4	PILATES-Sergi							
18:45	19:30	3C	CYCLING-Diana	CYCLING-Sergi			CYCLING-Sergi			
18:45	20:00	4					YOGA-Barbara Borgia			
19:00	19:45	PA	AQUAFIT-Sergi							
19:05	20:00	2		TONO-Sara						
19:20	20:15	4		PILATES-Diana						
19:35	20:30	1	TONO-Sara							
19:35	20:50	4	YOGA-Lali							
19:45	20:30	3C	CYCLING VIRTUAL	CYCLING VIRTUAL			CYCLING VIRTUAL			
20:05	21:00	2		TOT BODY-Sara						