



## Activitats Dirigides Presencial (Des del 04/04/26)

| INICI | DILLUNS  | DIMARTS   | DIMECRES   | DIJOUS  | DIVENDRES  |
|-------|--|---|--|---|--|
| 07.00 |  |   |  |   |  |
| 15'   |  |   |  |   |  |
| 30'   | <b>SpinDiR</b><br>07:15 A 08:00h<br>Sala 4             | <b>Aqua DiR</b><br>07:15 a 08.00 h<br>Piscina                   | <b>SpinDiR</b><br>07:15 A 08:00h<br>Sala 4             | <b>Aqua DiR</b><br>07.15 a 08.00 h<br>Piscina                   |  |
| 45'   |  |   |  |   |  |
| 07.00 |  |   |  |   |  |
| 15'   |  |   |  |   |  |
| 30'   |  |   |  |   |  |
| 45'   | <b>Hiit Fury</b><br>07:45 A 08:15h (Sala 3)            | <b>Women &amp; Weights</b><br>07:45 A 08:15h (Sala 3)           | <b>Glute Lab</b><br>07:45 A 08:15h (Sala 3)            | <b>Women &amp; Weights</b><br>07:45 A 08:15h (Sala 3)           | <b>Hiit Fury</b><br>07:45 A 08:15h (Sala 6)            |
| 08.00 |  |   |  |   |  |
| 15'   |  |   |  |   |  |
| 30'   |  |   |  |   |  |
| 45'   |  |   |  |   |  |
| 09.00 | <b>Body Pump</b><br>09:00 A 09:45h<br>Sala 3           | <b>Cuida't Tonifica't</b><br>09:00 A 09:45h<br>Sala 3           | <b>Glute Lab</b><br>09:00 A 09:45h<br>Sala 3           | <b>Body Pump</b><br>09:00 A 09:45h<br>Sala 3                    | <b>Glute Lab</b><br>09:00 A 09:45h<br>Sala 3           |
| 09.00 | <b>Cuida't Ritmes</b><br>09:00 A 09:45h<br>Sala 6      |   |  | <b>Cuida't Total Body</b><br>09:00 A 09:45h<br>Sala 6           |  |
| 10.00 | <b>Pilates</b><br>10:00 a 10:45h<br>Sala 3             | <b>Body Pump</b><br>10:00 A 10:45h<br>Sala 3                    | <b>Cuida't Ritmes</b><br>10:00 A 10:45h<br>Sala 3      | <b>Body Balance</b><br>10:00 a 10:45h<br>Sala 3                 | <b>Cuida't Tonifica't</b><br>10:00 A 10:45h<br>Sala 3  |
| 10.00 | <b>BOOTCAMP</b><br>10:00 A 10:45h<br>Sala 5            |   | <b>BOOTCAMP</b><br>10:00 A 10:45h<br>Sala 5            | <b>CrossDiR</b><br>10:15 A 10:45h<br>SF zona funcional          | <b>CrossDiR</b><br>10:15 A 10:45h<br>SF zona funcional |
| 15'   |  |   | <b>loga DiR</b><br>10:00 a 10:45h<br>Sala 6            |   |  |
| 30'   |  |   |  |   |  |
| 45'   |  |   |  |   |  |
| 11.00 | <b>loga DiR</b><br>11:00 a 11:45h<br>Sala 6            | <b>Aqua DiR</b><br>11:00 a 11:30 h<br>Piscina                   | <b>Mobility</b><br>11:00 a 11:45h<br>Sala 3            | <b>Aqua DiR</b><br>11:00 a 11:30 h<br>Piscina                   | <b>Pilates</b><br>11:00 a 11:45h<br>Sala 3             |
| 11.00 |  | <b>Barre by DiR</b><br>11:00 A 11:45h<br>Sala 3                 |  |   |  |
| 12.00 | <b>Correctiva</b><br>12:00 a 12:45h<br>Sala 3          | <b>Correctiva</b><br>12:00 a 12:45h<br>Sala 3                   | <b>Correctiva</b><br>12:00 a 12:45h<br>Sala 3          |   | <b>Correctiva</b><br>12:00 a 12:45h<br>Sala 3          |
| 13.00 | <b>Aqua DiR</b><br>13:00 a 13.45 h<br>Piscina          |   | <b>Aqua DiR</b><br>13:00 a 13.45 h<br>Piscina          |   |  |
| 13.00 |  |   |  |   |  |
| 15'   |  |   |  |   |  |
| 30'   | <b>Women &amp; Weights</b><br>13:30 A 14:00h (Sala 3)  | <b>Hiit Fury</b><br>13:30 A 14:00h (Sala 3)                     | <b>Women &amp; Weights</b><br>13:30 A 14:00h (Sala 3)  | <b>Hiit Fury</b><br>13:30 A 14:00h (Sala 3)                     |  |
| 45'   |  |   |  |   |  |
| 14.00 |  |   |  |   |  |
| 15'   |  |   |  |   |  |
| 30'   |  |   |  |   |  |
| 45'   |  |   |  |   |  |
| 15.00 |  |   |  |   |  |
| 15'   |  |   |  |   |  |
| 30'   |  |   |  |   |  |
| 45'   |  |   |  |   |  |
| 18.00 | <b>Women &amp; Weight</b><br>18:00 A 18:45h<br>Sala 3  | <b>Zumba</b><br>18:00 A 18:45h<br>Sala 3                        | <b>Body Balance</b><br>18:00 A 18:45h<br>Sala 3        | <b>Zumba</b><br>18:00 A 18:45h<br>Sala 3                        | <b>Glute Lab</b><br>18:00 A 18:45h<br>Sala 6           |
| 18.00 | <b>BOOTCAMP</b><br>18:00 A 18:45h<br>Sala 5            | <b>BOOTCAMP Cuida't</b><br>18:00 A 18:30h<br>Sala 5             |  | <b>BOOTCAMP Cuida't</b><br>18:00 A 18:30h<br>Sala 5             |  |
| 18.00 | <b>Espalda Sana</b><br>18:00 a 18:45h<br>Sala 6        | <b>Mobility</b><br>18:00 a 18:45h<br>Sala 6                     |  | <b>Espalda Sana</b><br>18:00 a 18:45h<br>Sala 6                 |  |
| 18.00 |  | <b>CrossDir</b><br>18:30 A 19:00h<br>SF zona funcional          |  |   |  |
| 19.00 | <b>Zumba</b><br>19:00 A 19:45h<br>Sala 3               | <b>Body Pump</b><br>19:00 A 19:45h<br>Sala 3                    | <b>Women &amp; Weight</b><br>19:00 A 19:45h<br>Sala 3  | <b>Body Pump</b><br>19:00 A 19:45h<br>Sala 3                    |  |
| 19.00 | <b>SpinDiR</b><br>19:00 A 19:45h<br>Sala 4             | <b>SpinDiR</b><br>19:00 A 19:45h<br>Sala 4                      | <b>SpinDiR</b><br>19:00 A 19:45h<br>Sala 4             | <b>SpinDiR</b><br>19:00 A 19:45h<br>Sala 4                      | <b>BOOTCAMP</b><br>19:00 A 19:45h<br>Sala 5            |
| 19.00 | <b>BOOTCAMP</b><br>19:00 A 19:45h<br>Sala 5            | <b>BOOTCAMP</b><br>19:00 A 19:45h<br>Sala 5                     | <b>BOOTCAMP</b><br>19:00 A 19:45h<br>Sala 5            | <b>BOOTCAMP</b><br>19:00 A 19:45h<br>Sala 5                     |  |
| 19.00 | <b>Body Balance</b><br>19:00 A 19:45h<br>Sala 6        | <b>Barre by DiR</b><br>19:00 A 19:45h<br>Sala 6                 | <b>loga DiR</b><br>19:00 A 19:45h<br>Sala 6            | <b>Barre by DiR</b><br>19:00 A 19:45h<br>Sala 6                 |  |
| 19.00 | <b>CrossDir</b><br>19:15 A 19:45h<br>SF zona funcional | <b>Glute Lab Express</b><br>19:30 A 20:00h<br>SF zona funcional | <b>CrossDir</b><br>19:15 A 19:45h<br>SF zona funcional | <b>Glute Lab Express</b><br>19:15 A 19:45h<br>SF zona funcional |  |
| 20.00 | <b>Body Pump</b><br>20:00 a 20:45h<br>Sala 3           | <b>Pilates</b><br>20:00 A 20:45h<br>Sala 3                      | <b>Barre by DiR</b><br>20:00 A 20:45h<br>Sala 3        | <b>Pilates</b><br>20:00 A 20:45h<br>Sala 3                      |  |
| 20.00 | <b>BOOTCAMP</b><br>20:00 A 20:45h<br>Sala 5            | <b>BOOTCAMP</b><br>20:00 A 20:45h<br>Sala 5                     | <b>BOOTCAMP</b><br>20:00 A 20:45h<br>Sala 5            | <b>BOOTCAMP</b><br>20:00 A 20:45h<br>Sala 5                     |  |
| 20.00 | <b>Barre by DiR</b><br>20:00 A 20:45h<br>Sala 6        | <b>Glute Lab</b><br>20:00 A 21:45h<br>Sala 6                    |  |   |  |
| 20.00 | <b>Aqua DiR</b><br>20:15 a 21.00 h<br>Piscina          |   | <b>Aqua DiR</b><br>20:15 a 21.00 h<br>Piscina          |   |  |

- Sessions de ball
- Sessions CrossDiR
- Sessions Cuida't
- Sessions musculars
- Sessions d'alta intensitat
- Sessions Cos i Ment
- Sessions de BOOTCAMP

La direcció de Fitness podrà, quan ho consideri necessari, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen.  
Una sessió pot quedar anul·lada en cas d'impossibilitat material de realitzar-se.  
Aquests horaris poden ser modificats periòdicament i durant els mesos estius i setmanes de Nadal.