



Activitats Dirigides Presencial (Des del 02/03/26)

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

	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.