



Activitats Dirigides Presencial (Des del 07/01/26)

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'					
08.00					
15'					
30'					
45'					
09.00	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
15'					
30'					
45'					
09.00	Cuida't Rlmes 09:00 A 09:45h Sala 6			Cuida't Total Body 09:00 A 09:45h Sala 6	
15'					
30'					
45'					
10.00	Pilates 10:00 a 10:45h Sala 3	Body Pump 10:00 A 10:45h Sala 3	Cuida't Rlmes 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'					
45'					
10.00	BOOTCAMP 10:00 A 10:45h Sala 5		BOOTCAMP 10:00 A 10:45h Sala 5		
15'					
30'					
45'					
10.00			loga DiR 10:00 a 10:45h Sala 6		
15'					
30'					
45'					
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'					
45'					
11.00		Barre by DiR 11:00 A 11:45h Sala 3			
15'					
30'					
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'					
45'					
13.00	Aqua DiR 13.00 a 13.45 h Piscina		Aqua DiR 13.00 a 13.45 h Piscina		
15'					
30'					
45'					
13.00	BOOTCAMP 13:15 A 14:00h Sala 5				
15'					
30'					
45'					
14.00			BOOTCAMP 14:15 A 15:00h Sala 5		
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 3
15'					
30'					
45'					
18.00	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	
15'					
30'					
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'					
45'					
18.00		CrossDir 18:30 A 19:00h SF zona funcional			
15'					
30'					
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'					
45'					
19.00	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
15'					
30'					
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'					
45'					
19.00	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	
15'					
30'					
45'					
19.00				Glute Lab Express 19:15 A 19:45h SF zona funcional	
15'	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		
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	
15'					
30'					
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'					
45'					
20.00	Barre by DiR 20:00 A 20:45h Sala 6	Glute Lab 20:00 A 21:45h Sala 6			
15'					
30'					
45'					
20.00					
15'					
30'	Aqua DiR 20.15 a 21.00 h Piscina		Aqua DiR 20.15 a 21.00 h Piscina		
45'					

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.

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