

HORARIS MARÇ 2025						
HORARI	SALA	DILLUNS	DIMARTS	DIMERCRES	DIJOUS	DIVENDRES
7:30	8:30	1	HATHA VINYASA IOGA		TONO POSTURAL	VINYASA IOGA
7:30	8:30	2	TONO	TAI IOGA	BODY PUMP	
7:45	8:30	2				PILATES
7:30	8:30	Cy		CYCLING		CYCLING
7:30	8:30	Pi		SWIMFIT		
8:00	9:00	Pr	FULL BODY			
8:30	9:00	1			IOGA NIDRA	
8:30	9:30	1	BARRE		STRENGTH	CARDIOTONO
8:30	9:30	2	BODY PUMP	GAP	CARDIOTONO	TONO
8:30	9:30	Pr		CIRCUIT TRAINING		HIIT
9:00	10:00	Pr			UPPERBODY CORE	
9:00	10:00	Ou			TENNIS & FRIENDS	
9:30	10:30	Ou			RAQUET & CO	
9:30	10:30	1	GAP	PILATES	TONO	PILATES
9:30	10:30	2	HIIT	BODY PUMP	COREO DANCE	FUNCTIONAL
9:30	10:30	Pr	FUNCTIONAL POWER	CIRCUIT TRAINING		FUNCTIONAL POWER
9:30	10:30	Cy	CYCLING		CYCLING	CYCLING
9:30	10:30	Pi			SWIMFIT	
9:30	11:00	Ou		PADEL & CO		
10:00	11:00	Ou			PADEL & CO	
10:00	12:00	Ou	BS WALKING			BS WALKING
10:30	11:30	1	CLASSIC CONDITION	PILATES	BODY BALANCE	CLASSIC CONDITION
10:30	11:30	2	UPPERBODY CORE	TONO DANCE	GAP	FULL BODY
10:30	11:00	Pr	RELEASE			RELEASE
10:30	11:30	Pi	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
11:00	12:30	Ou			TENNIS DE TAULA	
11:30	12:30	1	PILATES	CORE STRETCH		VINYASA CHAKRA IOGA
11:30	12:30	2	SEVILLANES			SEVILLANES
11:30	12:00	1			MINDFULNESS	
11:30	13:00	Ou		TENNIS DE TAULA		
12:00	13:30	1			VINYASA IOGA	
12:30	13:00	1	MINDFULNESS			
12:30	13:30	1		PILATES		PILATES
12:30	14:00	2	FLAMENC			
13:00	14:30	Pr			TENNIS DE TAULA	
13:15	14:00	Pi	SWIMFIT	SWIMFIT	SWIMFIT	
13:15	14:45	Pi			SWIMFIT XL	
13:30	14:30	Pi				SWIMFIT
13:30	14:30	1		ESQUENA SANA	BARRE	ESQUENA SANA
13:30	14:30	2			COREO DANCE AVANÇAT	
14:00	14:30	2	POWERWOD			
14:00	14:30	Pr			POWERWOD	POWERWOD
14:00	15:00	Pr		CIRCUIT TRAINING		
14:15	15:00	Cy	CYCLING PRO	CYCLING PRO	CYCLING PRO	CYCLING PRO
14:30	15:30	1			PILATES	FREE MOTION
14:30	15:30	2	HIIT	BODY PUMP	CARDIOTONO	HIIT
15:00	16:00	Ou	TENNIS & FRIENDS			PADEL & CO
15:30	16:30	1				STRETCHING
17:00	18:00	1	GAP		UPPERBODY CORE	PILATES
17:00	18:00	2	URBAN DANCE		ZUMBA	GAP
17:00	18:00	Pr				ESCOLA TENNIS DE TAULA
17:00	19:00	Pr		ESCOLA TENNIS DE TAULA		
17:30	18:30	1		PILATES		
17:30	18:30	2		TONO		
18:00	19:00	1	PILATES		BARRE	ESQUENA SANA
18:00	19:00	2	TONO		TONO	STEP
18:00	19:00	Pr				CIRCUIT TRAINING
18:30	19:30	1		ESQUENA SANA		
18:30	19:30	2		DANCE		
18:45	20:00	Ou	TRAIL RUN			
19:00	20:00	1			VINYASA CHAKRA IOGA	FREE MOTION
19:00	20:00	2	HIIT		HIIT	COREO DANCE
19:00	20:00	Pr	FUNCTIONAL POWER	HIIT	KICKBOXING	HIIT
19:00	20:00	Cy	CYCLING	CYCLING PRO	RHYTHM CYCLING	CYCLING PRO
19:15	20:00	Pi	AQUAGYM		AQUAGYM	
19:00	20:30	1	HATHA VINYASA IOGA			IOGA
19:30	20:30	1		BARRE		
20:00	20:30	1				STRETCHING
20:00	20:30	2	MINDFULNESS			
20:00	21:00	Pr	HIIT	BOXING	HIIT	BOXING
20:00	21:00	2		FULLBODY		
20:15	21:00	Pi	SWIMFIT			
20:30	21:30	1		CORAL		

Assistència amb reserva a la app o al taulell de manera presencial. Aforaments limitats segons la normativa vigent.



La direcció es reserva el dret de modificar/anul·lar horaris o continguts de les activitats depenent del funcionament de les matèries.