

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
07:10 - 07:55 BOX HYROX	07:15 - 08:00 S.2 TBC	08:00 - 08:45 CICLO CYCLING	07:15 - 08:00 BOX HBX BOXING	07:10 - 07:55 BOX HYROX	09:30 - 10:15 S.2 YOGA
08:00 - 08:45 CICLO CYCLING	08:15 - 09:00 S.2 PILATES	09:05 - 09:50 PSC AQUAGYM	08:00 - 08:45 S.2 ZUMBA	08:00 - 08:45 S.2 ESQUENA SANA	10:30 - 11:15 S.2 GAP
09:05 - 09:50 PSC AQUAGYM	09:05 - 09:50 PSC AQUAGYM	09:30 - 10:15 BOX HYROX	09:05 - 09:50 S.2 AQUA - YOGA	09:05 - 09:50 PSC AQUAGYM	
09:30 - 10:15 S.2 BODY PUMP	09:30 - 10:15 S.2 GAP	09:30 - 10:15 S.2 BODY COMBAT	09:30 - 10:15 S.2 BODY PUMP	09:30 - 10:15 S.2 ZUMBA	
10:05 - 10:50 PSC AQUA - TONO	10:05 - 10:50 PSC AQUAGYM	10:05 - 10:50 PSC AQUAGYM	10:05 - 10:50 PSC AQUA - TONO	09:30 - 10:15 BOX HBX BOXING	
10:30 - 11:15 S.1 PILATES MAT	10:30 - 11:15 S.2 YOGA	10:30 - 11:15 S.2 PILATES MAT	10:30 - 11:15 S.2 LATIN DANCE	10:05 - 10:50 PSC AQUA - TONO	
10:30 - 11:15 S.2 ZUMBA				10:30 - 11:00 S.2 OM GLUTE	
13:45 - 14:30 BOX HYROX		13:45 - 14:30 BOX HBX BOXING			
15:30 - 16:15 S.2 FULL BODY	15:30 - 16:15 S.2 ZUMBA		15:30 - 16:15 BOX HBX BOXING		
17:15 - 18:00 S.2 BODY PUMP	17:15 - 18:00 S.2 PILATES	17:15 - 18:00 BOX HYROX	17:15 - 18:00 S.2 GAP		
18:15 - 19:00 BOX HBX BOXING	18:15 - 19:00 S.2 BODY COMBAT	18:15 - 19:00 CICLO CYCLING	18:15 - 19:00 S.2 ZUMBA	17:15 - 18:00 S.2 ESQUENA SANA	
18:15 - 19:00 S.2 PILATES STRONG	18:15 - 19:00 BOX HYROX	18:15 - 19:00 S.2 BODY PUMP	18:15 - 19:00 S.1 HYROX	18:15 - 19:00 S.2 BODY PUMP	
19:15 - 20:00 CICLO CYCLING	19:15 - 20:00 CICLO CYCLING	18:30 - 19:15 S.1 YOGA	19:15 - 20:00 S.2 BODYPUMP	18:30 - 19:15 BOX HBX BOXING	
19:15 - 20:00 S.2 BODY PUMP	19:15 - 20:00 S.2 PILATES	19:15 - 20:00 BOX HYROX	19:15 - 20:00 S.1 PILATES MAT	19:15 - 20:00 CICLO CYCLING	
19:30 - 20:15 PSC AQUAGYM	19:15 - 20:00 BOX HYROX	19:15 - 20:00 S.2 BODY COMBAT	19:30-20:15 PSC AQUAGYM	19:30 - 20:30 S.1 JUDO SENIOR*	
19:45 - 20:30 S.1 YOGA	19:30 - 20:30 S.1 JUDO SENIOR*	19:45 - 20:30 S.1 YOGA	20:15 - 21:00 CICLO CYCLING		
20:15 - 21:00 BOX HBX BOXING	20:15 - 21:00 S.2 BODY PUMP	20:15 - 21:00 BOX HBX BOXING			

BOX BOXING	FIT SALA FITNESS
PSC PISCINA	S.1 SALA 1
CYCLO CYCLING	S.2 SALA 2

AQUA VITAL TONO MOVE BURN



De dilluns a divendres: de 7:00h a
Dissabtes: de 9:00h a 21:00h
Diumenges: de 9:00h a 14:00h

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