

			DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7h	7.00	7.45		BESTCYCLING Sala cycling		BESTCYCLING Sala cycling		
	7.40	8.30		AQUAGYM Albert Piscina Gran		AQUAGYM Albert Piscina Gran		
8h	8.00	8.45	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	
	8.35	9.20	ABDOMINALS & ESTIRAMENTS Félix Sala 1		ABDOMINALS & ESTIRAMENTS Félix Sala 1			
	8.45	9.30		CYCLING Félix Sala Cycling		CYCLING Félix Sala Cycling		
9h	9.00	9.45	BESTCYCLING Sala cycling		BESTCYCLING Sala cycling		CYCLING Félix Sala 2	BESTCYCLING Sala cycling
	9.30	10.15	AQUAGYM Félix Piscina Gran	PILATES Almudena Sala 2 *	AQUAGYM Félix Piscina Gran	PILATES Almudena Sala 2 *		
	9.40	10.30		AQUAGYM Félix Piscina Petita		AQUAGYM Félix Piscina Petita		
10h	10.00	10.45	BESTCYCLING Sala cycling		BESTCYCLING Sala cycling			BESTCYCLING Sala cycling
11h	11.00	17.45	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling
17h	17.00	17.45	GAC Jesus Sala 1		ATTACK Jesus Sala 1			
	17.00	17.45	FIT KIDS Laia OTUDOOR ☀️	FIT KIDS Laia Sala 2	FIT KIDS Laia Sala 2	FIT KIDS Laia OTUDOOR ☀️		
18h	18.00	18.45	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	
	18.00	18.50	PILATES Noelia Sala 2 *	ZUMBA FAMILY Laia Sala 2	PILATES Noelia Sala 2 *	ZUMBA FAMILY Laia OUTDOOR ☀️		
	18.00	18.45	ZUMBA Laia Sala 1	BODYPUMP Jesus Sala 1	ZUMBA Laia OUTDOOR ☀️	BODYPUMP Jesus Sala 1		
	18.00	18.45	ATTACK Jesus OUTDOOR ☀️		GAC Jesus Sala 1		CROSSHIIT Jesus OUTDOOR ☀️	
19h	19.00	19.45	CYCLING Laia Sala cycling	CYCLING Laia OUTDOOR ☀️	CYCLING Laia Sala cycling	CYCLING Laia OUTDOOR ☀️		
	19.00	19.50	PILATES Noelia Sala 2 *	BOXING Jesus Sala 1	PILATES Noelia Sala 2 *	BOXING Jesus Sala 1		
	19.00	19.50		IOGA Eduard Sala 2 *		IOGA Eduard Sala 2 *		
	19.00	19.45	CROSSHIIT Jesus OUTDOOR ☀️	AQUAGYM Albert Piscina petita	CROSSHIIT Jesus Sala 1	AQUAGYM Albert Piscina gran		
20h	20.00	20.45	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	
	20.00	20.45	BODYPUMP Jesus Sala 2	BODYPUMP Laia Sala 2	BODYPUMP Jesus Sala 2	ABDOMINALS & ESTIRAMENTS Laia Sala 2		

Llegenda tipologia d'activitats	Activitats força	Activitats aquàtiques	
	Activitats cardiovasculars	Activitats virtuals	Activitats exclusives per abonats a la Quota plus ☀️
	Activitats cos-ment	Activitats U16	Activitats ONoutdoor (a l'exterior) ☀️

La direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el número i ordre de sessions, el contingut i horaris d'aquestes, així com els tècnics que les imparteixen.

Per les Activitats ONoutdoor, en cas de dies on la climatologia sigui adversa, es portaran a terme dins d'un espai interior