



# Horaris d'activitats dirigides

a partir del 22 de setembre de 2025

| Inici | Fi    | Espai    | Dilluns                                                                                                | Dimarts                                                                                                  | Dimecres                                                                                               | Dijous                                                                                                 | Divendres       | Dissabte                                                                                               | Diumenge        |
|-------|-------|----------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------|--------------------------------------------------------------------------------------------------------|-----------------|
| 7:10  | 7:55  | Cycling  | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                          | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING |                                                                                                        |                 |
| 8:00  | 8:45  | Cycling  | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                          | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING |                                                                                                        |                 |
| 8:00  | 8:55  | Sala 1   |                                                                                                        |  ZUMBA fitness          | BODY BURN                                                                                              | è-QUILIBRIUM                                                                                           | OMGlute         |                                                                                                        |                 |
| 8:15  | 8:35  | Fitness  | HIIT 20'                                                                                               |                                                                                                          |                                                                                                        |                                                                                                        |                 |                                                                                                        |                 |
| 9:00  | 9:45  | Cycling  | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                          | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING |                                                                                                        |                 |
| 9:00  | 9:45  | Piscina  | AIGUAGIM                                                                                               | AIGUAGIM                                                                                                 | AIGUAGIM                                                                                               | AIGUAGIM                                                                                               | AIGUAGIM        |                                                                                                        |                 |
| 9:00  | 9:55  | Sala 1   |  LES MILLS BODYPUMP   | GIMSUAU                                                                                                  | GIMSUAU                                                                                                |  LES MILLS BODYPUMP   | PILATES         |                                                                                                        |                 |
| 9:00  | 9:55  | Sala 2   | GIMSUAU                                                                                                | OMGlute                                                                                                  |  ZUMBA fitness        | GIMSUAU                                                                                                | GIMSUAU         |                                                                                                        |                 |
| 10:00 | 10:45 | Cycling  | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                          | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING |                                                                                                        |                 |
| 10:00 | 10:45 | Piscina  | AIGUAGIM                                                                                               | AIGUAGIM                                                                                                 | AIGUAGIM                                                                                               | AIGUAGIM                                                                                               |                 |                                                                                                        |                 |
| 10:00 | 10:55 | Sala 1   |  ZUMBA fitness        | ESTIRAMENTS                                                                                              |  LES MILLS BODYCOMBAT | ESTIRAMENTS                                                                                            | è-CORE          | PILATES                                                                                                |                 |
| 10:00 | 10:55 | Sala 2   | GIMSUAU                                                                                                | REHABILITACIÓ*                                                                                           | GIMSUAU                                                                                                | REHABILITACIÓ*                                                                                         | GIMSUAU         |                                                                                                        |                 |
| 10:00 | 10:55 | Sala 6   | IOGA                                                                                                   |                                                                                                          | IOGA                                                                                                   |                                                                                                        |                 |                                                                                                        |                 |
| 11:00 | 11:20 | Sala 6   | MEDITACIÓ                                                                                              |                                                                                                          |                                                                                                        |                                                                                                        |                 |                                                                                                        |                 |
| 10:00 | 10:45 | Cycling  |                                                                                                        | CYCLING                                                                                                  |                                                                                                        |                                                                                                        |                 | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING |
| 11:00 | 11:45 | Cycling  | VIRTUAL CYCLING                                                                                        |                                                                                                          | VIRTUAL CYCLING                                                                                        |                                                                                                        | VIRTUAL CYCLING |                                                                                                        |                 |
| 11:00 | 11:55 | Sala 1   | PILATES                                                                                                | BODY BURN                                                                                                | è-QUILIBRIUM                                                                                           |  ZUMBA fitness        |                 |  LES MILLS BODYPUMP |                 |
| 11:15 | 11:35 | Sala 2   |                                                                                                        |                                                                                                          |                                                                                                        | HIPOPRESSIUS 20'                                                                                       |                 |                                                                                                        |                 |
| 11:00 | 11:45 | Piscina  |                                                                                                        |                                                                                                          |                                                                                                        |                                                                                                        |                 | AIGUAGIM                                                                                               |                 |
| 11:15 | 12:00 | Piscina  | AIGUA I SALUT*                                                                                         | AIGUA I SALUT*                                                                                           | AIGUA I SALUT*                                                                                         | AIGUA I SALUT*                                                                                         | AIGUA I SALUT*  |                                                                                                        |                 |
| 11:15 | 12:00 | Cycling  |                                                                                                        |                                                                                                          |                                                                                                        |                                                                                                        |                 | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING |
| 12:00 | 12:55 | Sala 2   |                                                                                                        |                                                                                                          |                                                                                                        | REHABILITACIÓ*                                                                                         |                 |                                                                                                        |                 |
| 12:15 | 13:00 | Cycling  |                                                                                                        |                                                                                                          |                                                                                                        |                                                                                                        |                 | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING |
| 14:00 | 14:45 | Cycling  | VIRTUAL CYCLING                                                                                        |                                                                                                          | VIRTUAL CYCLING                                                                                        |                                                                                                        | VIRTUAL CYCLING | VIRTUAL CYCLING                                                                                        |                 |
| 15:00 | 15:45 | Cycling  |                                                                                                        | VIRTUAL CYCLING                                                                                          |                                                                                                        | VIRTUAL CYCLING                                                                                        |                 |                                                                                                        |                 |
| 16:00 | 16:45 | Piscina  | AIGUAGIM                                                                                               | AIGUAGIM                                                                                                 | AIGUAGIM                                                                                               | AIGUAGIM                                                                                               |                 |                                                                                                        |                 |
| 17:00 | 17:45 | Cycling  | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                          | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                        |                 | VIRTUAL CYCLING                                                                                        |                 |
| 17:30 | 17:50 | Sala 2   | ESTIRAMENTS 20'                                                                                        | è-CORE 20'                                                                                               |                                                                                                        | è-CORE 20'                                                                                             |                 |                                                                                                        |                 |
| 18:00 | 18:45 | Cycling  | CYCLING                                                                                                | VIRTUAL CYCLING                                                                                          | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING | VIRTUAL CYCLING                                                                                        |                 |
| 18:00 | 18:55 | Sala 1   | PILATES                                                                                                |  LES MILLS BODYCOMBAT |  LES MILLS BODYPUMP |  LES MILLS BODYPUMP |                 |                                                                                                        |                 |
| 18:00 | 18:55 | Sala 2   |                                                                                                        | OMGlute                                                                                                  | PILATES                                                                                                | è-QUILIBRIUM                                                                                           |                 |                                                                                                        |                 |
| 18:30 | 18:55 | Fitness  | è-CORE 20'                                                                                             |                                                                                                          |                                                                                                        |                                                                                                        |                 |                                                                                                        |                 |
| 19:00 | 19:55 | Sala 1   |  LES MILLS BODYPUMP | PILATES                                                                                                  |  ZUMBA fitness      |                                                                                                        | BODY BURN       |                                                                                                        |                 |
| 19:00 | 19:55 | Sala 2   |  ZUMBA fitness      |                                                                                                          |                                                                                                        |                                                                                                        |                 |                                                                                                        |                 |
| 19:00 | 19:55 | Catedral |                                                                                                        | EXTREM FIT                                                                                               |                                                                                                        | EXTREM FIT                                                                                             |                 |                                                                                                        |                 |
| 19:00 | 19:45 | Cycling  | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                          | CYCLING                                                                                                | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING |                                                                                                        |                 |
| 19:00 | 19:55 | Sala 6   |                                                                                                        |                                                                                                          |                                                                                                        | IOGA                                                                                                   |                 |                                                                                                        |                 |
| 20:00 | 20:20 | Sala 6   |                                                                                                        |                                                                                                          |                                                                                                        | MEDITACIÓ                                                                                              |                 |                                                                                                        |                 |
| 20:00 | 20:20 | Fitness  |                                                                                                        |                                                                                                          | è-CORE 20'                                                                                             |                                                                                                        |                 |                                                                                                        |                 |
| 20:00 | 20:45 | Piscina  | AIGUAGIM                                                                                               | AIGUAGIM                                                                                                 | AIGUAGIM                                                                                               | AIGUAGIM                                                                                               |                 |                                                                                                        |                 |
| 20:00 | 20:55 | Sala 1   | BODY BURN                                                                                              |                                                                                                          |                                                                                                        |                                                                                                        |                 |                                                                                                        |                 |
| 20:00 | 20:45 | Cycling  | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                          | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING                                                                                        | VIRTUAL CYCLING |                                                                                                        |                 |

\* Activitats NO incloses a la quota

## SEMPRE AL TEU RITME

La Direcció podrà, quan ho consideri necessari o per causes alienes al centre, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen. Una sessió podrà no impartir-se per impossibilitat de substitució.