



# Horaris d'activitats dirigides

del 5 a l'11 de gener de 2026

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

\* 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.