

PROGRAMA D'ACTIVITATS DIRIGIDES

Del 20 al 31 de juliol de 2026

HORARI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:15 - 8:00	B	BODYPUMP	BODYCOMBAT V.	LES MILLS CORE	BODYPUMP V.	BODYBALANCE V.		
8:00 - 8:55	A	IOGA	PILATES	IOGA	PILATES			
8:15 - 9:00	B		LES MILLS CORE	BODYPUMP V.	LES MILLS DANCE V.	BODYPUMP	BODYBALANCE V.	
8:15 - 9:00	PS	AIGUAMIX	AIGUATONO	AIGUAHIIT	AIGUAMIX	AIGUATONO		
9:00 - 9:55	A	BODYBALANCE	ESTIRAMENTS	PILATES	ESTIRAMENTS	PILATES		
9:15 - 10:00	B	TOTALFIT	BODYCOMBAT	BODYPUMP	BODYATTACK	LES MILLS CORE	BODYCOMBAT V.	BODYPUMP V.
9:15 - 10:00	PS	AIGUATONO	AIGUAMIX	AIGUAMIX	AIGUATONO	AIGUAMIX		
9:15 - 10:00	GC	GROUP CYCLE		GROUP CYCLE				
10:00 - 10:45	PS						AIGUAMIX	
10:00 - 10:45	GC						GROUP CYCLE	
10:00 - 10:55	A	PILATES	BALLET FITNESS	ESTIRAMENTS	IOGA	TXI KUNG		
10:00 - 10:55	K		BOXING TRAINING					
10:15 - 11:00	B	BODYPUMP	TOTALFIT		LES MILLS DANCE		LES MILLS CORE 30' V.	BODYCOMBAT V.
10:15 - 11:00	RE	RESENIORS						
10:15 - 11:00	PS		AIGUAMIX		AIGUATONO	AIGUAMIX		
10:15 - 11:10	B			SENIORS		BODYBALANCE		
11:00 - 11:45	B						BODYPUMP	
11:00 - 12:15	A	TAI TXI		TAI TXI		TAI TXI		
11:15 - 12:00	B		RITMES LLATINS		BODYPUMP V.	LES MILLS DANCE V.		BODYPUMP V.
11:15 - 12:00	PS	AIGUAMIX		AIGUATONO				
11:15 - 12:10	A		IOGA		ESTIRAMENTS			
11:15 - 12:10	B	SENIORS		PILATES				
12:00 - 12:55	B						BODYBALANCE	
12:15 - 13:00	B	LES MILLS CORE V.	BODYCOMBAT V.	BODYBALANCE V.	LES MILLS CORE V.	BODYPUMP V.		LES MILLS CORE V.
13:15 - 14:00	B	BODYCOMBAT V.	BODYPUMP V.	LES MILLS CORE V.	LES MILLS DANCE V.	BODYBALANCE V.	BODYCOMBAT V.	BODYBALANCE V.

HORARI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
14:15 - 15:00	B	BODYPUMP V.	TOTALFIT	LESMILLS DANCE V.	BODYPUMP	BODYCOMBAT V.	BODYBALANCE V.	
14:15 - 15:10	A	BODYBALANCE						
15:15 - 16:00	B	LESMILLS CORE V.	BODYPUMP V.	BODYBALANCE V.	BODYCOMBAT V.	BODYBALANCE V.	LESMILLS DANCE V.	
16:15 - 17:00	B	BODYCOMBAT V.	BODYBALANCE V.	BODYPUMP V.	LESMILLS CORE V.	BODYPUMP V.	LESMILLS CORE V.	
17:00 - 17:55	A	PILATES	IOGA	PILATES	IOGA			
17:15 - 18:00	B	LESMILLS DANCE V.	BODYPUMP	BODYCOMBAT V.	TOTALFIT	LESMILLS CORE V.	BODYPUMP V.	
18:00 - 18:55	A	BODYBALANCE	ESTIRAMENTS		ESTIRAMENTS	BODYBALANCE		
18:15 - 19:00	B	BODYPUMP	TOTALFIT	LESMILLS CORE	LESMILLS DANCE	BODYPUMP	BODYBALANCE V.	
18:15 - 19:00	RE			REBURN JR.				
18:15 - 19:00	GC	GROUP CYCLE		GROUP CYCLE				
18:30 - 19:25	K		BOXING TRAINING					
19:00 - 19:55	A			BODYBALANCE				
19:15 - 20:00	B	BODYATTACK	LESMILLS DANCE	BODYPUMP	BODYCOMBAT			
19:15 - 20:00	PS	AIGUATONO		AIGUAHIIT		AIGUAMIX		
19:15 - 20:00	GC	GROUP CYCLE	GROUP CYCLE		GROUP CYCLE			
19:15 - 20:10	B					BODYJAM		
19:30 - 20:25	K		BOXING TRAINING	BOXING TRAINING				
20:15 - 21:00	B	BODYPUMP	LESMILLS CORE	TOTALFIT	BODYPUMP V.	LESMILLS CORE V.		
20:15 - 21:10	A	PILATES	IOGA	PILATES	BODYBALANCE			
20:15 - 21:10	K				BOXING TRAINING			
20:30 - 21:25	K	BOXING TRAINING						
21:15 - 22:00	B	BODYCOMBAT V.	BODYPUMP V.	LESMILLS DANCE V.	LESMILLS CORE V.	BODYBALANCE V.		

RECORDA FER RESERVA PRÈVIA A LA NOSTRA APP PUTXETSPORT PLUS (EXCEPTE PER A LES SESSIONS VIRTUALS).