

DILLUNS

| HORA | TEMPS | ACTIVITAT | ESPAI |
|--------|-------|--------------------|-----------|
| 07:15h | 45' | HIT- 45 | Activfont |
| 08:15h | 45' | GAC | Activfont |
| 09:30h | 50' | HIT -50 | Activfont |
| 10:30h | 45' | AquaDolça | Aquaafont |
| 13:45h | 55' | Bodyump | Activfont |
| 15:30h | 55' | Bodyump | Activfont |
| 17:50h | 30' | HIT-30 | Activfont |
| 18:20h | 10' | Abdominals-Express | Fitness |
| 18:30h | 50' | Tonificació | Activfont |
| 19:00h | 50' | Spin | Bikefont |
| 19:15h | 45' | Aqua-GAC | Aquaafont |
| | 25' | Hipopressius | Activfont |
| 19:30h | 10' | Abdominals-Express | Fitness |
| 19:40h | 25' | Estiraments | Fitness |
| 20:00h | 55' | Pilates | Zenfont |
| | 90' | Marxa Nòrdica | Exterior |
| 20:10h | 50' | Spin | Bikefont |
| 20:15h | 30' | HIT-30 | Activfont |

DIMARTS

| HORA | TEMPS | ACTIVITAT | ESPAI |
|--------|-------|--------------------|-----------|
| 07:15h | 45' | Spin | Bikefont |
| 08:15h | 45' | Pilates | Activfont |
| 09:15h | 45' | Pilates | Zenfont |
| 09:30h | 50' | Dance-To | Activfont |
| 09:45h | 45' | AquaDolça | Aquaafont |
| 10:30h | 45' | AquaDolça | Aquaafont |
| 13:45h | 45' | Step | Activfont |
| 14:30h | 15' | Abdominals-Express | Activfont |
| 15:30h | 50' | Virtual Spin | Bikefont |
| 18:30h | 30' | HIT-BOX (clínic) | Activfont |
| 19:30h | 50' | Aeròbic-Zumba | Activfont |
| | 50' | Hatha loga | Zenfont |
| 19:45h | 45' | Poolbiking/AquaTBC | Aquaafont |
| 19:50h | 10' | Abdominals-Express | Fitness |
| 20:00h | 50' | Spin | Bikefont |
| | 50' | Running | Exterior |
| 20:30h | 50' | Hatha loga | Zenfont |
| 20:35h | 50' | HIT-50 | Activfont |

DIMECRES

| HORA | TEMPS | ACTIVITAT | ESPAI |
|---------|-------|--------------------|-----------|
| 07:15h | 45' | TS | Activfont |
| 08:15h | 45' | Poolbike/Aqua-TBC | Aquaafont |
| 09:30h | 50' | Spin | Bikefont |
| 10:30h | 45' | AquaDolça | Aquaafont |
| 13:45h | 50' | TS | Activfont |
| 15:30h | 50' | Zumba | Activfont |
| 18:15h | 55' | Bodyump | Activfont |
| 18:30h | 10' | Abdominals-Express | Fitness |
| 19:00h | 50' | Virtual Spin | Bikefont |
| 19:15h | 50' | Aqua-To | Aquaafont |
| | 55' | Pilates | Zenfont |
| 19:30h | 50' | Tonificació | Activfont |
| 19:50h | 10' | Abdominals-Express | Fitness |
| 20:00h | 90' | Marxa Nòrdica | Exterior |
| 20:15h | 55' | Pilates | Zenfont |
| 20:20h | 25' | Hipopressius | Activfont |
| 20:30h* | 50' | Spin | Bikefont |

DIJOURS

| HORA | TEMPS | ACTIVITAT | ESPAI |
|--------|-------|--------------------|-----------|
| 07:15h | 45' | Pilates | Activfont |
| 08:15h | 45' | HIIT/T-Bow | Activfont |
| 09:15h | 45' | Pilates | Zenfont |
| 09:30h | 55' | Bodyump | Activfont |
| 09:45h | 45' | AquaDolça | Aquaafont |
| 10:30h | 45' | AquaDolça | Aquaafont |
| 13:45h | 50' | Spin | Bikefont |
| 15:30h | 50' | Cardio-To | Activfont |
| 17:50h | 30' | HIT-30 | Activfont |
| 18:30h | 50' | Spin | Bikefont |
| | 10' | Abdominals-Express | Fitness |
| 19:30h | 50' | T-Bow | Activfont |
| | 50' | Hatha-loga | Zenfont |
| | 15' | Estiraments | Activfont |
| 19:50h | 10' | Abdominals-Express | Fitness |
| 20:00h | 50' | Running | Exterior |
| 20:15h | 50' | Spin | Bikefont |
| 20:30h | 50' | Bodyump | Activfont |
| | 50' | Hatha-loga | Zenfont |

DIVENDRES

| HORA | TEMPS | ACTIVITAT | ESPAI |
|--------|-------|-------------------|-----------|
| 07:15h | 45' | Bodyump | Activfont |
| 08:15h | 45' | Spin | Bikefont |
| 09:30h | 50' | Aqua-TBC | Aquafont |
| 10:30h | 20' | TS | Activfont |
| 13:45h | 30' | HIT-30 | Activfont |
| 15:30h | 50' | Aqua-TBC | Aquafont |
| 16:30h | 50' | Tècniques Natació | Aquafont |
| 18:00h | 50' | Pilates | Zenfont |
| 19:00h | 55' | Bodyump | Activfont |
| 20:00h | 50' | HIT-50 | Activfont |
| | 50' | Spin | Bikefont |

DISSABTE

| HORA | TEMPS | ACTIVITAT | ESPAI |
|--------|-------|-------------|----------|
| 11:00h | 50' | Spin | Bikefont |
| 17:00h | 50' | VirtualSpin | Bikefont |
| 18:00h | 50' | VirtualSpin | Bikefont |

*20:00h (90') MasterClass – Bikefont
L'últim dimecres de mes