

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	
MATÍ	7:05	BODYPUMP SALA 2 55'	TBC SALA 2 50'	CYCLING SALA 1 50'	PILATES SALA 2 50'	GAC SALA 2 40'		
	8:00	AIGUAGIM P.PETITA 45'	AIGUACARDIO P.GRAN 45'	CYCLING VIRTUAL SALA 1	AIGUAGIM P.PETITA 45'	AIGUACARDIO P.GRAN 45'	CYCLING VIRTUAL SALA 1	
	8:30	GIM SUAU SALA 2 50'	CYCLING SALA 1 50'	GAC SALA 2 50'	BODYBALANCE SALA 2 55'			
	9:00	CYCLING VIRTUAL SALA 1					CYCLING SALA 1 50'	
	9:30	GAC SALA 2 50'	BODYPUMP SALA 2 55'	TBC HIIT SALA 2 50'	BODYPUMP SALA 2 55'	PILATES SALA 2 50'		
	9:30		BODYBALANCE SALA 1 55'	CYCLING VIRTUAL SALA 1	TÀBATA SALA 1 40'	CYCLING VIRTUAL SALA 1		
	10:00	AIGUAGIM P.PETITA 45'	AIGUAGIM P.PETITA 45'	AIGUACARDIO P.GRAN 45'	AIGUACARDIO P.GRAN 45'	AIGUAGIM P.PETITA 45'	BODYPUMP SALA 2 55'	CYCLING VIRTUAL SALA 1
	10:30	GIM SUAU SALA 2 50'	ZUMBA SALA 2 50'	TBC SALA 2 50'	PILATES SALA 2 50'	GIM SUAU SALA 2 50'		
	10:30		ABDOMINALS SALA 1 30'				CYCLING VIRTUAL SALA 1	
	11:00			NATACIÓ TERAPÈUTICA 45'			GAC SALA 2 50'	
	11:30	CYCLING VIRTUAL SALA 1			CYCLING VIRTUAL SALA 1			
	11:45		AIGUAGIM P.PETITA 45'	AIGUAGIM P.PETITA 45'				
	14:00	CYCLING VIRTUAL SALA 1		CYCLING VIRTUAL SALA 1			CYCLING VIRTUAL SALA 1	
	MIGDIA	14:30						
15:00		GAC SALA 2 50'	CYCLING VIRTUAL SALA 1	BODYBALANCE SALA 2 55'	BODYPUMP SALA 2 55'	CYCLING SALA 1 50'		
15:15		AIGUAGIM P.PETITA 45'	AIGUACARDIO P.GRAN 45'	AIGUAGIM P.PETITA 45'	AIGUAGIM P.PETITA 45'			
16:00		TBC SALA 2 50'	ABDOMINALS SALA 2 30'	ZUMBA SALA 2 50'	TBC SALA 2 50'	BODYPUMP SALA 2 55'		
16:00				PILATES SALA 1 50'				
17:00		BODYBALANCE SALA 2 55'	GIM SUAU SALA 2 50'	TBC SALA 2 50'	ZUMBA SALA 2 50'	GAC SALA 2 50'		
TARDA	17:00	CYCLING VIRTUAL SALA 1		CYCLING VIRTUAL SALA 1	CROSSGIM C.EXTERIOR 50'	CYCLING VIRTUAL SALA 1		
	18:00	TBC SALA 2 50'	BODYPUMP SALA 2 55'	GAC SALA 2 50'	STEP SALA 1 50'	CROSSGIM C.EXTERIOR 50'		
	18:00	ZUMBA SALA 1 50'	TÀBATA SALA 1 40'	PILATES SALA 1 50'	TBC SALA 2 50'	CYCLING SALA 1 50'		
	19:00	BODYPUMP SALA 2 55'	TBC SALA 2 50'	BODYPUMP SALA 2 55'	GAC SALA 2 50'	PILATES SALA 2 50'		
	19:00	CYCLING SALA 1 50'	CROSSGIM C.EXTERIOR 50'	CYCLING SALA 1 50'	ZUMBA SALA 1 50'	CYCLING VIRTUAL SALA 1		
	19:15	AIGUAGIM P.PETITA 45'		AIGUAGIM P.PETITA 45'				
	20:00	ZUMBA SALA 2 50'	BODYPUMP SALA 2 55'	ZUMBA SALA 2 50'	TBC SALA 2 50'			
VESPRE	20:00	PILATES SALA 1 50'	TÀBATA SALA 1 40'	CROSSGIM C.EXTERIOR 50'	BODYBALANCE SALA 1 55'			
	21:00	CYCLING VIRTUAL SALA 1	AIGUAGIM P.PETITA 45'	CYCLING VIRTUAL SALA 1	AIGUAGIM P.PETITA 45'			

Centres Oficials



Activitats obertes per abonades/ts i de pagament per la resta, cal fer inscripció a la recepció del Gim10

Aquests horaris son susceptibles a modificacions per part de la direcció del centre en funció de les necessitats del servei