

PROGRAMA

25|26

D'ACTIVITATS DIRIGIDES

a partir del 2 de setembre de 2025

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
06.45	BIKE	BODYPUMP	BODYATTACK	TOTALBODY	PILATES
08.00	AQUADYNAMIC	AQUADYNAMIC	AQUADYNAMIC	AQUADYNAMIC	AQUATONO
08.30	PILATES	PILATES	BIKEVIRTUAL	PILATES	
09.15	AQUADYNAMIC	AQUADYNAMIC	AQUADYNAMIC	AQUADYNAMIC	AQUADYNAMIC
09.30	*BODYATTACK*	*TOTALBODY*	*DANCE*	*BODYPUMP*	*CARDIOFIT*
10.15	BODYPUMP	BIKE	BODYPUMP	BIKE	ZUMBA
	PILATES	DANCE	PILATES	PILATES	BODYBALANCE
11.00	BIKEVIRTUAL		BIKEVIRTUAL		BIKEVIRTUAL
13.45	TOTALBODY	BODYATTACK	BODYPUMP	BODYCOMBAT	HIIT
	BIKEVIRTUAL	BIKEVIRTUAL	BIKEVIRTUAL	BIKEVIRTUAL	
15.00	BODYATTACK	BODYPUMP	HIIT	BODYPUMP	BIKEVIRTUAL
16.00	AQUADYNAMIC	AQUADYNAMIC	AQUADYNAMIC	AQUAMOVE	AQUADYNAMIC
16.30	BODYPUMP	BIKEVIRTUAL	BIKE	BIKEVIRTUAL	BIKEVIRTUAL
17.30	HIIT	BODYATTACK	BODYPUMP	ZUMBA	BODYPUMP
	PILATES		BODYBALANCE		
18.00	BIKE	BIKE	BIKE	BIKEVIRTUAL	BIKE
18.30	BODYPUMP	BODYCOMBAT	BODYATTACK	BODYPUMP	DANCE
	BODYBALANCE	PILATES	PILATES	BODYBALANCE	
19.00	BIKE	BIKE	BIKEVIRTUAL	BIKE	BIKEVIRTUAL
19.30	BODYATTACK	ZUMBA	BODYPUMP	HIIT	
	PILATES	IOGUILATES	BODYBALANCE	PILATES	PILATES
20.00	BIKEVIRTUAL			BIKEVIRTUAL	
20.15	AQUADYNAMIC	AQUADYNAMIC	AQUAMOVE		AQUADYNAMIC
20.30	BODYPUMP	BODYPUMP	BIKEVIRTUAL	DANCE	
21.00	BIKEVIRTUAL			BIKEVIRTUAL	
DS, DG I FESTIUS	09.15	09.30	10.15	11.00	12.00
	PILATES	BIKEVIRTUAL	AQUADYNAMIC	BODYPUMP	BIKE/BIKEVIRTUAL