

INICI - FINAL	SALA	DILLUNS 20	DIMARTS 21	DIMECRES 22	DIJOUS 23	DIVENDRES 24	NADAL	SANT ESTEVE
7.00 - 7.45 h	A1 / Ext				ABS-ESTIRA	SURPRISE		NO HI HA ACTI VITA TS
	A2				SPEED VIRTUAL	SPEEDBIKE		
8.00 - 8.45 h	A1 / Ext				CARDIO GAC	HIIT		
9.00 - 09.45 h	Exterior	HORARI NORMAL			TBC	CARDIO GAC		
	Exterior					BALANCE		
	A2				SPEEDBIKE	SPEED VIRTUAL		
	A1 / Ext				SURPRISE	STEP TONO		
10.00 - 10.45 h	A1 / Ext				SPEED VIRTUAL	SPEED VIRTUAL		
11.00 - 11.45 h	A2				GYM DOLÇA	GYM DOLÇA		
	Exterior							
14.15 - 15.00 h	Exterior				SPEEDBIKE			
15.15 - 16.00 h	Exterior				SPEED VIRTUAL	SURPRISE		
17.30 - 18.15 h	A2				SPEED VIRTUAL			
18.00 - 18.25 h	Exterior				TONO EXPRESS			
18.15 - 19.00 h	LS				STRECHING			
18.30 - 19.15 h	A2	Consulteu la graella d'activitats dirigides rutinària			SPEEDBIKE			
	Ext/ A1				BODY PUMP			
19.30 - 20.15 h	A2				SPEEDBIKE			
	Ext/ A1				ZUMBA			
20.30 - 20.55 h	A2				SPEED VIRTUAL			



INICI - FINAL	SALA	DILLUNS 27	DIMARTS 28	DIMECRES29	DIJOUS 30	DIVENDRES 31	DISSABTE 1	DIUMENGE 2
7.00 - 7.45 h	A1 / Ext	TBC	TRAINING	CARDIO GAC	ABS-ESTIRA	SURPRISE		
	A2	SPEEDBIKE	SPEED VIRTUAL	SPEEDBIKE	SPEED VIRTUAL	SPEEDBIKE		
8.00 - 8.45 h	A1 / Ext	GAC	TBC	HIIT + ABD	CARDIO GAC	HIIT		
9.00 - 09.45 h	Exterior	CARDIO BOSU	AEROBOX	TRAINING	TBC	CARDIO GAC		
	Exterior	STRECHING		STRECHING		BALANCE		
	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	SPEED VIRTUAL		
	A1 / Ext	TONO CORE	ZUMBAS	UPPER BODY	SURPRISE	STEP TONO		
11.00 - 11.45 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL		11H: TRAINING
	Exterior	GYM DOLÇA	GYM DOLÇA	GYM DOLÇA	GYM DOLÇA	GYM DOLÇA		12H: SPEEDBIKE
14.15 - 15.00 h	Exterior	CROSS CNC	SPEEDBIKE	TRAINING	SPEEDBIKE			
15.15 - 16.00 h	Exterior	TRAINING		SURPRISE	SPEED VIRTUAL	SURPRISE		
17.30 - 18.15 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL			
18.00 - 18.25 h	Exterior	ABS EXPRESS	TONO EXPRESS	ABD EXPRESS	TONO EXPRESS			
18.15 - 19.00 h	LS		STRECHING		STRECHING			
18.30 - 19.15 h	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE			
	Ext/ A1	TONO	ZUMBA	BODY COMBAT	BODY PUMP			
19.30 - 20.15 h	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE			
	Ext/ A1	BODY COMBAT	BODY PUMP	GAC	ZUMBA			
20.30 - 20.55 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL			

INICI - FINAL	SALA	DILLUNS 3	DIMARTS 4	DIMECRES 5	DIJOUS 6	DIVENDRES 7	DISSABTE 8	DIUMENGE 9
7.00 - 7.45 h	A1 / Ext	TBC	TRAINING	CARDIO GAC	NO	SURPRISE		
	A2	SPEEDBIKE	SPEED VIRTUAL	SPEEDBIKE		SPEEDBIKE		
8.00 - 8.45 h	A1 / Ext	GAC	TBC	HIIT + ABD		HIIT		
9.00 - 09.45 h	Exterior	CARDIO BOSU	AEROBOX	TRAINING	H I H A A C T I V I T A T S	CARDIO GAC		
	Exterior	STRECHING		STRECHING		BALANCE		
	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE		SPEED VIRTUAL		
10.00 - 10.45 h	A1 / Ext	TONO CORE	ZUMBAS	UPPER BODY		STEP TONO	10H: PILATES	
11.00 - 11.45 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL		SPEED VIRTUAL	11H: BODY PUMP	11H: TRAINING
	Exterior	GYM DOLÇA	GYM DOLÇA	GYM DOLÇA		GYM DOLÇA	12H: SPEEDBIKE	12H: SPEEDBIKE
14.15 - 15.00 h	Exterior	CROSS CNC	SPEEDBIKE	TRAINING				
15.15 - 16.00 h	Exterior	TRAINING		SURPRISE		SURPRISE		
17.30 - 18.15 h	A2	SPEED VIRTUAL	SPEED VIRTUAL	SPEED VIRTUAL				
18.00 - 18.25 h	Exterior	ABS EXPRESS	TONO EXPRESS	ABD EXPRESS		ABDOMINALS		
18.15 - 19.00 h	LS		STRECHING					
18.30 - 19.15 h	A2	SPEEDBIKE	SPEEDBIKE			SPEEDBIKE		
	Ext/ A1	TONO	ZUMBA			STEP		
19.30 - 20.15 h	A2	SPEEDBIKE	SPEEDBIKE			SPEEDBIKE		
	Ext/ A1	BODY COMBAT	BODY PUMP			CROSS CNC		
20.30 - 20.55 h	A2	SPEED VIRTUAL	SPEED VIRTUAL			SPEED VIRTUAL		

Horaris del Club

	OBERTURA INSTAL·LACIÓ	FINAL DELS SERVEIS	TANCAMENT INSTAL·LACIÓ
Divendres 24 de desembre	06.45H	18.30h	19.00h
Dissabte 25 de desembre	TANCAT	TANCAT	TANCAT
Diumenge 26 de desembre	7.00h	13.00h	13.30h
Divendres 31 de desembre	6.45h	18.30h	19.00h
Dissabte 1 de gener	TANCAT	TANCAT	TANCAT
Dimecres 5 de gener	06.45h	18.30h	19.00h
Dijous 6 de gener	07.00h	13.00h	13.30h