

HORARI ACTIVITATS FITNESS 2026-2027

ACTIVITATS DIRIGIDES

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
6:30			POWER HYBRID	S1			POWER CIRCUIT	S1		
7:00									CROSS BOXING	S1
7:30	FIT TONO	S1	FIT PILATES	S2	FIT GAC	S1	FIT PILATES	S2		
8:00									TXI-KUNG	S2
8:30	FIT TOTAL +60*	S2			FIT TOTAL +60*	S2				
9:00	ZUMBA	S1	SPINNING	S3	ZUMBA	S1	FIT TOTAL +60*	S1	ZUMBA +60*	S1
9:00			FIT FUNCIONAL*	S1						
9:30	FIT TOTAL +60*	S2	IOGUILATES	S2	FIT TOTAL +60*	S2	HIIT PILATES	S2	FIT GAC	S2
10:00	FIT PILATES	S1	FIT TOTAL +60*	S1	FIT PILATES	S1	TOT ESQUENA	S1	FIT PILATES	S1
10:30	TAI-TXI	S2	TAI-TXI	S2	POWER GLUTIS 30'	S2	TAI-TXI INICIACIÓ	S2	HIPO STRETCHING 30'	S2
10:30	SPINNING	S3	POWER HYBRID 30'	SF						
11:00	BOOMPA*	S1	TOT ESQUENA	S1	SPINNING	S3	BOOMPA*	S1	SPINNING	S3
11:00					POWER HYBRID	S1			FIT BARRE	S2
11:00					POWER ABD 30'	S2			ZUMBA	S1
11:30			POWER HYBRID	S2						
12:00	IOGA	S1			IOGA	S1	STRETCHING 30'	S2	IOGA	S2
12:00	FIT INCLOU 30'	S2								
13:00					RELAXA'T	S2				
13:30	POWER FUNCIONAL*	S1	POWER TRX	S2	POWER FUNCIONAL*	S1	BOOMPA*	S1		
14:30							ZUMBA	S1	CROSS BOXING	S1
15:00			PILATES	S2						
15:30	POWER TRX	S2			POWER GAC	S1	PILATES	S2	POWER FUNCIONAL*	S1
16:00	PILATES	S1								
16:30					FIT HIPOPRESSIUS	S1				
17:00	FIT TONO	S2	POWER GLUTIS 30'	S1	PILATES	S2	DANCE TONO	S2		
17:30	CROSS BOXING	S1	TOT ESQUENA	S1	SPINNING	S3	CROSS BOXING	S1	BOOMPA*	S1
17:30			HIIT PILATES 30'	S2	POWER CIRCUIT	S1			IOGUILATES	S2
18:00	POWER GLUTIS 30'	S2	IOGA	S2	FIT TONO	S2	PILATES	S2		
18:30	ZUMBA	S1	ZUMBA	S1	BOOMPA*	S1	SPINNING	S3	ZUMBA	S1
18:30	POWER ABD 30'	S2					POWER GAC	S1	STRETCHING 30'	S2
18:45	SPINNING	S3								
19:00	FIT IOGA	S2	FIT PILATES	S2	PILATES	S2	FIT IOGA	S2	TOT ESQUENA	S2
19:00					.NOU RUN CLUB	EXT				
19:30	POWER FUNCIONAL*	S1	POWER HYBRID	S1	ZUMBA	S1	BOOMPA*	S1	SPINNING	S3
19:30									POWER HYBRID	S1
20:00	TAI-TXI	S2	FIT IOGA	S2	TAI-TXI	S2	FIT PILATES	S2	SLOW IOGA	S2
20:30	BOOMPA*	S1	SPINNING	S3	CROSS BOXING	S1	ZUMBA	S1		
20:30			ZUMBA	S1						
21:00	FIT BARRE	S2	PILATES INICIACIÓ	S2	RELAXA'T	S2	PILATES INICIACIÓ	S2		

DISSABTE		
10:00	SPINNING	S3
10:00	PILATES INICIACIÓ	S2
11:00	POWER HYBRID	S1
11:00	FIT PILATES	S2
12:00	MOVING ART	S2

DIUMENGE		
10:30	SPINNING	S3
11:30	POWER CIRCUIT	S1

Les sessions tenen una durada de 50',
excepte les indicades de 25' i 30'.
*Activitat a partir de 16 anys.

S1 Sala gran
S2 Sala petita
S3 Sala Spinning
SF Sala Fitness
EXT Exterior

Intensitat ALTA
Intensitat MITJANA
Intensitat SUAU
Gent Gran