

Horari centre esportiu 2025/2026

🕒	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7.15 - 8.05	BIKEINDOOR	PUMP	GAC	FUNCIONAL	BIKEINDOOR
8.05 - 8.15		CORE	CORE	CORE	CORE
8.10 - 9.05	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
9.00 - 10.00	PERSONALFIT	PERSONALFIT	PERSONALFIT	PERSONALFIT	FIT SENIOR
9.00 - 10.00	IOGA		NATACIÓ TERAPÈUTICA		
9.15 - 10.05		GYMSENIOR	PUMP	GYMSENIOR	GAC
10.10 - 11.00	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
11.00 - 12.00	PERSONALFIT	PERSONALFIT	PERSONALFIT	PERSONALFIT	PERSONALFIT
15.00 - 15.50	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
15.15 - 16.05	GAC		PUMP		FIT TRAIN
15.25 - 16.15		IOGA		PILATES	
17.00 - 17.50	GAC	BALANCE	ZUMBA	PUMP	LET'S DANCE
18.00 - 18.50	ZUMBA	PUMP	TONOFIT	GAC	IOGA
19.00 - 19.50		GAC		ARS CORPORE	
19.20 - 20.20	BIKEINDOOR	BIKEINDOOR	BIKEINDOOR		BIKEINDOOR
20.00 - 21.00			RUNCLUB		
20.15 - 21.00	ENDURANCE FIT			ENDURANCE FIT	