

SALA 2/ SPINNING

Del dijous 1 al divendres 30 de setembre 2022

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:10	SPINNING	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL	SPINNING		
8:00	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL		
9:00	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL		
10:00	SPINNING	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL	SPINNING VIRTUAL		SPINNING VIRTUAL
11:00	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL
12:00		SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING 90'	SPINNING VIRTUAL
13:15	SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		
13:45		SPINNING VIRTUAL		SPINNING			
14:15	SPINNING		SPINNING		SPINNING VIRTUAL		
14:35		SPINNING		SPINNING VIRTUAL			
15:15	SPINNING VIRTUAL		SPINNING VIRTUAL		SPINNING VIRTUAL		
17:00					SPINNING VIRTUAL	SPINNING VIRTUAL	
17:30	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL			
18:00					SPINNING	SPINNING VIRTUAL	
18:30	SPINNING	SPINNING	SPINNING	SPINNING VIRTUAL			
19:00					SPINNING	SPINNING VIRTUAL	
19:30	SPINNING	SPINNING	SPINNING	SPINNING			
20:00					SPINNING VIRTUAL	SPINNING VIRTUAL	
20:30	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING			
21:30		SPINNING VIRTUAL		SPINNING VIRTUAL			

Totes les classes tenen una duració de 45 minuts excepte el dissabte a les 12 hores que és de 90 minuts

SPINNING PRESENCIAL

SPINNING VIRTUAL

HORARI D'ACTIVITATS DIRIGIDES

novaicària
ESPORT & FIT



SALA 1 / BOX / ICARIA EXPRESS

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	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7'00	CROSS		CROSS				
7'10		HBX BOXING BODY PUMP	FUNCIONAL HIT	FAT BURN	HBX BOXING		
8'20	CARIO HIIT	FUNCIONAL HIIT			CARIO HIIT		
9'00	BODY COMBAT IOGA	BODY BALANCE CARDIO TONO	BODY PUMP	CONTROL PILATES GAC	TONO		
9'15		CARIO HIIT	CORE 30'	FUNCIONAL HIT			
9'30						IOGA 90'	
10'00	TONO	FUNCIONAL GAC ESQUENA SANA	BODY COMBAT DONA GYM	FUNCIONAL BODY PUMP ESQUENA SANA	ZUMBA	BODY PUMP	
10'15	HBX BOXING		HBX BOXING		CARIO HIIT		
10'30						CARDIO HIIT	
11'00	CONTROL PILATES	ZUMBA Basic TONO	ESQUENA SANA	ZUMBA TONO	CONTROL PILATES	TONO ESQUENA SANA 90'	BODY BALANCE
12'00		ESTIRAMENTS				ZUMBA	TOTAL TRAINING 90'
13'10			CONTROL PILATES				
13'30	FUNCIONAL		FUNCIONAL		ENDURANCE		
13'40	FAT BURN						
14'00		CROSS		CROSS			
14'05	FUNCIONAL HIIT		CARDIO HIIT				
14'10		TONO	FAT BURN	GAC	BODY COMBAT		
14'40	CONTROL PILATES						
15'10				BODY BALANCE Xpress			
16'30		GAC		BODY PUMP Xpress			
17'00				CORE 30'	BODY PUMP		
17'30		BODY PUMP		BODY BALANCE			
18'00	TONO	CROSS DONA GYM		CROSS	CARIO HIIT ZUMBA		
18'30	CROSS STEP	GAC	CROSS FAT BURN	TONO	ENDURANCE		
19'00	BODY PUMP	FUNCIONAL HBX BOXING TONO	BODY BALANCE	FUNCIONAL HBX BOXING			
19'10	HBX BOXING						
19'30	CROSS ESTIRAMENTS XPRESS	CONTROL PILATES	CROSS BODY PUMP	CONTROL PILATES TAI TXI 90'	IOGA		
19'45		FUNCIONAL HIIT		CARIO HIIT			
20'00	CONTROL PILATES	CROSS ESTIRAMENTS XPRESS	ESQUENA SANA	CROSS			
20'30		BODY COMBAT	ZUMBA	ZUMBA			
21'00			IOGA AVANÇAT				

SALA 1

BOX

ICARIA EXPRESS

SALA 3

