

SALA 2/ SPINNING

2023

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
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

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7'10		BODY PUMP		FAT BURN			
9'00	AIGUA GIM		AIGUA GIM		AIGUA GIM		
9'00	BODY COMBAT	CARDIO TONO	BODY PUMP	CONTROL PILATES	TONO		
9'00	IOGA	BODY BALANCE		G A C			
9'15			CORE 30'				
9'30						IOGA 90'	
9'30						ZUMBA	
10'00	TONO	ESQUENA SANA	BODY COMBAT	ESQUENA SANA	ZUMBA		
10'00		G A C	DONA GYM	CARDIO TONO			
10'30						BODY PUMP	
11'00	CONTROL PILATES	ZUMBA Basic	ESQUENA SANA	ZUMBA	CONTROL PILATES		
11'00	GIM D'OR	TONO		TONO			BODY BALANCE
11'00						ESQUENA SANA 90'	
11'30						TONO	
12'00		ESTIRAMENTS		ESTIRAMENTS			
12'00							TOTAL TRAINING 90'
13'10			CONTROL PILATES				
13'40	FAT BURN						
14'00		AIGUA GIM		AIGUA GIM			
14'10	IOGA	TONO	FAT BURN	G A C	BODY PUMP		
14'40	CONTROL PILATES						
15'10				BODY BALANCE Xpress			
16'30		G A C		BODY PUMP Xpress			
17'00				CORE 30'			
17'00					BODY PUMP		
17'30		BODY PUMP		BODY BALANCE			
18'00	TONO	DONA GYM	CORE 30'	DANCE	ZUMBA		
18'00	STEP						
18'30		G A C	FAT BURN	TONO			
19'00	BODY PUMP	TONO		IOGA			
19'00		AIGUA GIM		AIGUA GIM			
19'00	CORE 30'		BODY BALANCE		TONO		
19'30	ESTIRAMENTS Xpress						
19'30			BODY PUMP		IOGA Avançat		
19'30		CONTROL PILATES		CONTROL PILATES			
19'30		RUNNING Avançat	RUNNING Iniciació	RUNNING Avançat			
19'45	RUNNING Iniciació						
20'00	CONTROL PILATES	ESTIRAMENTS Xpress	ESQUENA SANA				
20'00	FAT BURN			TAI TXI 90'			
20'30		CARDIO TONO	ZUMBA	ZUMBA			
20'30							
21'00			IOGA Avançat				

SALA 1

SALA 3

PISCINA

EXTERIOR/CARRER



Servei Xpremium, Sala Icaria Xpress i Sala Box

2023

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7'10	VIRTUAL CARDIO HIIT	HBX Boxing	FUNCIONAL HIIT	VIRTUAL FUNCIONAL HIIT	HBX Boxing		
7'10	CROSSXTREME		CROSSXTREME				
8'20	CARDIO HIIT	FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL CARDIO HIIT	CARDIO HIIT		
9'00	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT
9'30	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	
10'00		FUNCTIONALXTRAIN		FUNCTIONALXTRAIN			
10'15	HBX Boxing	VIRTUAL CARDIO HIIT	HBX Boxing	VIRTUAL CARDIO HIIT	ENDURANCE XPRESS	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT
11'15	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	CARDIO HIIT	VIRTUAL CARDIO HIIT
13'30	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT
13'30	FUNCTIONALXTRAIN		FUNCTIONALXTRAIN		ENDURANCE		
14'00		CROSSXTREME		CROSSXTREME			
14'05	ENDURANCE XPRESS	VIRTUAL FUNCIONAL HIIT	CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT
15'00	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	
16'00	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	
17'00	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	
18'00	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	
18'00		CROSSXTREME		CROSSXTREME			
18'30	CROSSXTREME		CROSSXTREME		ENDURANCE		
19'00		HBX Boxing	VIRTUAL FUNCIONAL HIIT	HBX Boxing	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	
19'00		FUNCTIONALXTRAIN		FUNCTIONALXTRAIN			
19'10	HBX Boxing						
19'30	CROSSXTREME		CROSSXTREME				
19'45	VIRTUAL CARDIO HIIT	FUNCIONAL HIIT	VIRTUAL FUNCIONAL HIIT	CARDIO HIIT	VIRTUAL CARDIO HIIT		
20'00						VIRTUAL FUNCIONAL HIIT	
20'30	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL FUNCIONAL HIIT		
21'00						VIRTUAL CARDIO HIIT	
21'15	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT	VIRTUAL FUNCIONAL HIIT	VIRTUAL CARDIO HIIT		

SALA BOX

SALA ICÀRIA XPRESS

