

CLASSES DIRIGIDES

Edició Agost 2024 (vàlid des del dilluns 5 d'agost al diumenge 1 de setembre)

DILLUNS

07:00-07:45 h SFB FITBIKE	18:00-18:45 h SFB FITBIKE
08:00-08:45 h STD 1 PILATES FUSION	18:00-18:45 h PIS AQUAGYM
09:00-09:45 h PIS AQUAGYM SENIOR	18:00-18:45 h HBX HBX BOXING
09:00-09:45 h STD 1 GIMNÀSTICA SENIOR	19:00-19:45 h STD 1 BODY BALANCE
10:00-10:45 h STD 1 ESTIRAMENTS SENIOR	19:00-19:45 h BOX-2 BOOT CAMP
11:00-11:45 h PIS AQUAGYM SENIOR	19:00-19:45 h PST ZUMBA
11:00-11:45 h PST BODY PUMP	19:00-19:45 h SFB FITBIKE
12:00-12:45 h BOX-2 BOOT CAMP	20:00-20:45 h STD 1 PILATES FUSION
14:15-15:00 h SFB FITBIKE	20:00-20:45 h PIS POOLBIKE
15:15-16:00 h PST BODY PUMP	20:00-20:45 h PST BODY PUMP
17:00-17:45 h PST BODY PUMP	20:00-20:45 h BOX-2 BODY COMBAT
18:00-18:45 h PST BODY COMBAT	

DIMARTS

07:00-07:45 h BOX-2 HBX BOXING	18:00-18:45 h PIS POOLBIKE
08:00-08:45 h PIS AQUAGYM SENIOR	18:00-18:45 h HBX HBX BOXING
09:00-09:45 h BOX-2 GIMNÀSTICA SENIOR	19:00-19:45 h PST BODY COMBAT
10:00-10:45 h PST ESTIRAMENTS	19:00-19:45 h SFB FITBIKE
11:00-11:45 h PIS AQUAGYM	19:00-19:45 h PIS AQUAGYM
12:00-12:45 h PST BODY PUMP	19:00-19:45 h STD 1 MOVE
14:15-15:00 h PST BODY PUMP	20:00-20:45 h STD 1 IUGA
15:15-16:00 h PST BOOT CAMP	20:00-20:45 h BOX-2 BODY PUMP
18:00-18:45 h PST BODY PUMP	20:00-20:45 h PST SCULPT FIT
18:00-18:45 h BOX-2 HIGH TRAINING	20:00-20:45 h SFB FITBIKE

DIMECRES

07:00-07:45 h PST BOOT CAMP	18:00-18:45 h SFB FITBIKE
08:00-08:45 h STD 1 PILATES FUSION	18:00-18:45 h PIS AQUAGYM
09:00-09:45 h PIS AQUAGYM SENIOR	18:00-18:45 h PST BODY PUMP
09:00-09:45 h STD 1 GIMNÀSTICA SENIOR	19:00-19:45 h STD 1 BODY BALANCE
10:00-10:45 h STD 1 ESTIRAMENTS SENIOR	19:00-19:45 h BOX-2 BOOT CAMP
11:00-11:45 h PIS AQUAGYM SENIOR	19:00-19:45 h PST ZUMBA
11:00-11:45 h PST BODY PUMP	19:00-19:45 h SFB FITBIKE
12:00-12:45 h BOX-2 BOOT CAMP	20:00-20:45 h STD 1 PILATES FUSION
14:15-15:00 h SFB FITBIKE	20:00-20:45 h PIS POOLBIKE
15:15-16:00 h HBX HBX BOXING	20:00-20:45 h PST BODY PUMP
17:00-17:45 h PST BODY PUMP	20:00-20:45 h BOX-2 BODY COMBAT
18:00-18:45 h PST BODY COMBAT	

DIJOUS

07:00-07:45 h BOX-2 HIGH TRAINING	18:00-18:45 h PIS POOLBIKE
08:00-08:45 h PIS AQUAGYM SENIOR	18:00-18:45 h HBX HBX BOXING
09:00-09:45 h BOX-2 GIMNÀSTICA SENIOR	19:00-19:45 h PST BODY COMBAT
10:00-10:45 h PST ESTIRAMENTS	19:00-19:45 h STD 1 MOVE
11:00-11:45 h PIS AQUAGYM	19:00-19:45 h SFB FITBIKE
12:00-12:45 h PST BODY PUMP	19:00-19:45 h PIS AQUAGYM
14:15-15:00 h PIS AQUAGYM	20:00-20:45 h STD 1 IUGA
15:15-16:00 h HBX HBX BOXING	20:00-20:45 h PST BODY PUMP
18:00-18:45 h PST BODY PUMP	20:00-20:45 h PST SCULPT FIT
18:00-18:45 h BOX-2 HIGH TRAINING	20:00-20:45 h SFB FITBIKE

DIVENDRES

09:00-09:45 h PST GIMNÀSTICA SENIOR	18:00-18:45 h SFB FITBIKE
10:00-10:45 h PIS AQUAGYM SENIOR	19:00-19:45 h STD 1 BODY BALANCE
11:00-11:45 h PST BOOT CAMP	19:00-19:45 h PST BODY COMBAT
12:00-12:45 h BOX-2 BODY PUMP	20:00-20:45 h PIS POOLBIKE
14:15-15:00 h SFB FITBIKE	20:00-20:45 h BOX-2 BOOT CAMP
18:00-18:45 h PST BODY PUMP	

DISSABTE

09:00-09:45 h PIS AQUAGYM SENIOR	11:00-11:45 h SFB FITBIKE
10:00-10:45 h PST BODY COMBAT	12:00-12:45 h PST BODY PUMP

DIUMENGE

10:00-10:45 h PIS AQUAGYM	12:15-13:00 h STD 1 ESTIRAMENTS
11:00-11:45 h PST BODY PUMP	13:15-14:00 h PST BOOT CAMP

LÍMIT
WTF?

BURN
CREMA-HO TOT

FUEL
NO ET DEIXIS RES

VITAL
REACTIVAT

BALANCE
EQUILIBRAT

STD 1 Studio	SFB Sala Fit Bike
BOX-2 Box	OUT Outdoor
PIS Piscina	HBX Sala HBX
PST Pista	

De dilluns a dijous de 6:20 a 22:30 hores
Divendres de 7:00 a 22:30 hores
Dissabtes de 8:00 a 14:30 hores
Diumenges de 9:00 a 15:30 hores
Dia 15 d'Agost tancat.
Els espais esportius tanquen 30 minuts abans.



RESERVA LA TEVA PLAÇA

Durant el mes d'agost aquest planning pot patir canvis, consulta sempre l'App i reserva la teva classe.

SUIFFLAND
ENTRENAMENT INTEL·LIGENT ADAPTAT A TU



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