

CLASSES DIRIGIDES

Gener 2026

DILLUNS

06:45-07:30 h	PIS	18:00-18:45 h	BOX-2
SWIMMING		HBX FUSION	
06:30-07:10 h	PST	18:00-18:45 h	PST
HIGH TRAINING		BODY COMBAT	
07:15-08:00 h	SFB	18:00-18:45 h	SFB
FITBIKE		FITBIKE	
07:15-08:00 h	STD 1	18:10-18:55 h	STD 1
SALUTACIÓ AL SOL		BARRE	
08:10-08:55 h	PIS	18:25-19:10 h	PIS
AQUAGYM		AQUAGYM	
09:00-09:45 h	PST	18:25-18:55 h	HIIT
GIM SENIOR		BODY BURN	
09:00-09:45 h	PIS	19:00-19:45 h	BOX-2
AQUASTRONG		BODY PUMP	
09:00-09:45 h	STD 1	19:00-19:45 h	SFB
PILATES		FITBIKE	
09:00-09:45 h	BOX-2	19:00-19:45 h	HBX
FORÇA SENIOR		HBX BOXING	
10:00-10:45 h	BOX-2	19:00-20:30 h	OUT
SCULPT STEP		HYROX	
10:00-10:45 h	PST	19:10-19:55 h	STD 1
ESTIRAMENTS		BODY BALANCE	
10:00-10:45 h	PIS	19:10-19:55 h	PST
AQUAGYM		ZUMBA	
11:00-11:45 h	HBX	19:15-20:00 h	PIS
HBX BOXING		AQUAGYM	
11:00-12:30 h	OUT	19:25-19:55 h	HIIT
MARXA SENIOR		GLUTE BURN	
11:00-11:45 h	STD 1	20:00-20:45 h	SFB
TAI XI		FITBIKE	
12:00-12:45 h	BOX-2	20:00-21:00 h	PATI
BOOT CAMP		CROSS TRAINING	
12:00-12:45 h	PIS	20:10-20:55 h	STD 1
AQUAGYM		PILATES	
13:00-13:45 h	PST	20:05-20:50 h	BOX-2
PUMP + CORE		BODY COMBAT	
14:15-15:00 h	HBX	20:05-20:50 h	PIS
HBX BOXING		POOLBIKE	
14:15-15:00 h	SFB	20:05-20:50 h	PIS
FITBIKE		AQUACROSS	
15:15-16:00 h	PST	20:10-20:55 h	PST
BODY PUMP		PUMP + CORE	
17:00-17:45 h	PST	21:00-21:45 h	HBX
BODY PUMP		HBX BOXING	

DIMARTS

06:30-07:10 h	PST	18:00-18:45 h	PST
HIGH TRAINING		BODY PUMP	
07:15-08:00 h	HBX	18:00-18:45 h	SFB
HBX BOXING		FITBIKE	
07:15-07:45 h	STD 1	18:10-18:55 h	STD 1
MEDITA'M		PILATES	
08:00-08:45 h	STD 1	18:25-18:55 h	HIIT
YOGA		GLUTE BURN	
08:10-08:55 h	PIS	18:30-19:15 h	PIS
AQUAGYM		POOLBIKE	
09:00-09:45 h	PST	19:00-19:45 h	BOX-2
GIM SENIOR		BODY COMBAT	
09:00-09:45 h	PIS	19:00-19:45 h	SFB
AQUAGYM		FITBIKE	
09:10-09:55 h	BOX-2	19:00-19:45 h	HBX
ZUMBA		HBX BOXING	
09:50-10:35 h	PIS	19:00-20:00 h	OUT
AQUAPLAY		WORKOUT	
10:00-10:45 h	BOX-2	19:10-19:55 h	STD 1
FORÇA SENIOR		MOVE	
10:00-10:45 h	PST	19:10-19:55 h	PST
POSTURAL		SCULPT STEP	
10:45-11:30 h	PIS	19:20-20:05 h	PIS
POOLBIKE		AQUAZUMBA	
11:00-11:45 h	STD 1	19:25-19:55 h	HIIT
MOBILITY		BODY BURN	
11:00-11:45 h	PST	20:00-20:45 h	SFB
BODY PUMP		FITBIKE	
11:55-12:40 h	PIS	20:00-20:45 h	HBX
AQUASTRONG		HBX BOXING	
12:00-12:45 h	PST	20:05-21:00 h	PST
LES MILLS CORE		PUMP ATTACK	
13:00-13:45 h	STD 1	20:10-20:50 h	PIS
BODY BALANCE		SWIMMING	
14:15-15:00 h	PST	20:10-20:55 h	BOX-2
BODY PUMP		BOOT CAMP	
15:15-16:00 h	BOX-2	20:10-20:55 h	STD 1
BOOT CAMP		YOGA	
17:00-17:45 h	BOX-2	21:00-21:30 h	BOX-2
MIND STRENGTH		OMGLUTE	
18:00-18:45 h	BOX-2	21:05-21:35 h	STD 1
HIGH TRAINING		MIND BREATH	

DIMECRES

06:30-07:10 h	PST	18:00-18:45 h	HBX
BOOT CAMP		HBX BOXING	
07:15-08:00 h	STD 1	18:00-18:45 h	PST
SALUTACIÓ AL SOL		ATTACK + CORE	
07:15-08:00 h	SFB	18:00-18:45 h	SFB
FITBIKE		FITBIKE	
08:10-08:55 h	PIS	18:10-18:55 h	STD 1
AQUAGYM		BARRE	
09:00-09:45 h	STD 1	18:25-18:55 h	HIIT
PILATES		BODY BURN	
09:00-09:45 h	PST	18:25-19:10 h	PIS
GIM SENIOR		POOLBIKE	
09:00-09:45 h	BOX-2	19:00-19:45 h	BOX-2
FORÇA SENIOR		BODY PUMP	
09:00-09:45 h	PIS	19:00-19:45 h	SFB
AQUASTRONG		FITBIKE	
10:00-10:45 h	PIS	19:00-19:45 h	HBX
AQUAGYM		HBX BOXING	
10:00-10:45 h	PST	19:00-19:50 h	OUT
ESTIRAMENTS		HYROX	
10:00-10:45 h	BOX-2	19:10-19:55 h	STD 1
BODY PUMP		BODY BALANCE	
10:00-10:30 h	STD 1	19:10-19:55 h	PST
MIND BREATH		ZUMBA	
11:00-11:45 h	BOX-2	19:15-20:00 h	PIS
BODY COMBAT		AQUAGYM	
11:00-12:30 h	OUT	19:25-19:55 h	HIIT
MARXA SENIOR		GLUTE BURN	
11:00-11:45 h	STD 1	20:00-20:45 h	SFB
BARRE FIT		FITBIKE	
12:00-12:45 h	BOX-2	20:00-20:45 h	BOX-2
HIGH TRAINING		BODY COMBAT	
13:00-13:45 h	PST	20:00-20:30 h	TR
BODY PUMP		CORE	
13:00-13:45 h	STD 1	20:00-21:00 h	PATI
BARRE FIT		CROSS TRAINING	
14:15-15:00 h	BOX-2	20:05-20:50 h	PIS
LES MILLS CORE		AQUACROSS	
14:15-15:00 h	SFB	20:05-20:50 h	PIS
FITBIKE		POOLBIKE	
15:15-16:00 h	HBX	20:10-20:55 h	STD 1
HBX BOXING		PILATES	
17:00-17:45 h	PST	20:10-20:55 h	PST
BODY PUMP		BODY PUMP	
18:00-18:45 h	BOX-2		
BOOT CAMP			

DIJOUS

06:30-07:10 h	PST	18:00-18:45 h	BOX-2
BOOT CAMP		HIGH TRAINING	
07:15-08:00 h	SFB	18:00-18:45 h	SFB
FITBIKE		FITBIKE	
08:00-08:45 h	STD 1	18:10-18:55 h	STD 1
YOGA		PILATES	
08:10-08:55 h	PIS	18:25-18:55 h	HIIT
AQUASTRONG		GLUTE BURN	
09:00-09:45 h	STD 1	18:30-19:15 h	PIS
GIM SENIOR		POOLBIKE	
09:00-09:45 h	PIS	19:00-19:45 h	BOX-2
AQUAGYM		BODY COMBAT	
09:10-09:55 h	PST	19:00-19:45 h	HBX
ZUMBA		HBX BOXING	
09:50-10:35 h	PIS	19:00-20:00 h	OUT
POOLBIKE		WORKOUT	
10:00-10:45 h	BOX-2	19:00-19:45 h	SFB
FORÇA SENIOR		FITBIKE	
10:00-10:45 h	HBX	19:00-20:15 h	OUT
HBX BOXING		RUNNING LAP	
10:00-10:45 h	PST	19:10-19:55 h	STD 1
ESTIRAMENTS		MOVE	
11:00-11:45 h	STD 1	19:10-19:55 h	PST
MOBILITY		SCULPT STEP	
11:00-11:45 h	PST	19:20-20:05 h	PIS
BODY PUMP		AQUAGYM	
12:00-12:45 h	PST	19:25-19:55 h	HIIT
SCULPT STEP		BODY BURN	
12:30-13:15 h	PIS	20:00-20:45 h	PST
AQUAGYM		MIX DANCE	
13:00-13:45 h	STD 1	20:00-20:45 h	SFB
ESTIRAMENTS		FITBIKE	
14:15-15:00 h	BOX-2	20:00-21:00 h	PATI
HIGH TRAINING		CROSS TRAINING	
14:15-15:00 h	PIS	20:10-20:55 h	BOX-2
AQUAGYM		BODY PUMP	
15:15-16:00 h	HBX	20:10-20:50 h	PIS
HBX BOXING		SWIMMING	
17:00-17:45 h	BOX-2	20:10-20:55 h	STD 1
MIND STRENGTH		YOGA	
17:00-17:45 h	STD 1	21:00-21:30 h	BOX-2
VITAL FLOW		OMGLUTE	
18:00-18:45 h	PST	21:05-21:50 h	PST
PUMP + CORE		TWERKING	
		21:05-21:35 h	STD 1
		MIND BREATH	

DIVENDRES

07:15-08:00 h	SFB	13:00-13:30 h	PST
FITBIKE		LES MILLS CORE	
08:10-08:55 h	PIS	14:15-15:00 h	STD 1
AQUAGYM		BODY BALANCE	
09:00-09:45 h	STD 1	14:15-15:00 h	SFB
PILATES		FITBIKE	
09:00-09:45 h	PST	15:15-16:00 h	PST
GIM SENIOR		BODY COMBAT	
09:00-09:45 h	PIS	18:00-18:45 h	STD 1
AQUAGYM		PILATES	
10:00-10:45 h	PIS	18:00-18:45 h	PST
AQUASTRONG		BODY PUMP	
10:00-10:45 h	PST	18:45-19:30 h	SFB
BODY PUMP		FITBIKE	
10:00-10:45 h	STD 1	19:00-19:45 h	STD 1
ESTIRAMENTS		BODY BALANCE	
11:15-12:00 h	STD 1	19:00-19:45 h	PST
BARRE		BODY COMBAT	
11:00-12:30 h	OUT	19:45-20:30 h	PIS
MARXA SENIOR		POOLBIKE	
11:00-11:45 h	HBX	20:00-20:45 h	BOX-2
HBX BOXING		BOOT CAMP	
12:00-12:45 h	PST	20:00-20:45 h	PST
BOOT CAMP		ZUMBA	

DISSABTE

09:00-09:45 h	PIS	11:30-12:15 h	PST
AQUAGYM		FAMILY FIT	
09:30-10:15 h	PST	12:30-13:15 h	PST
BODY COMBAT		BODY PUMP	
10:30-11:15 h	PST	13:00-13:45 h	BOX-2
ZUMBA		BOOT CAMP	
10:30-11:15 h	BOX-2	13:00-13:45 h	PIS
HIGH TRAINING		AQUAGYM	
11:30-12:15 h	SFB		
FITBIKE			

DIUMENGE

09:15-10:00 h	PIS	12:00-12:45 h	BOX-2
POOLBIKE		BOOT CAMP	
10:15-11:00 h	PIS	12:00-12:45 h	PST
AQUAGYM		ESTIRAMENTS	
11:00-11:45 h	PST	13:00-13:45 h	PST
BODY PUMP		BODY COMBAT	



Prepara't per suar.
Les classes aamb picant són
les que et posen realment a prova.
Intensitat alta i energia al màxim

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

TEAM TRAINING
STAGE
MIND
AQUA
SENIOR

De dilluns a dijous de 06:20 a 22:30 hores
Divendres de 7:00 a 22:30 hores
Dissabtes de 8:00 a 14:30 hores i de 17:30 a 21:00 hores
Diumenges i festius de 9 a 15:30 hores
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.

SUFFLAND
ENTRENAMENT INTEL·LIGENT ADAPTAT A TU



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