

HORARI AADD del 6 d'Abril al 30 de Juny del 2021

| SESSIÓ | | SALA S/P/E | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|--------------|-------|---------------|--------------|--------------|--------------|--------------|-------------|
| INICI | FINAL | | | | | | |
| MATÍ | | | | | | | |
| 9:30 | 10:20 | EXTERIOR | AERODANCE | SPINBIKE | | | SPINBIKE |
| 9:30 | 10:20 | SALA 2 | BODY PUMP | | CARDIO POWER | BODY PUMP | |
| 9:30 | 10:20 | SALA 3 | | | STRETCHGYM | | IOGA |
| 9:30 | 10:20 | PISCINA | AQUAGYM | AQUATONO | AQUAGYM | AQUATONO | AQUAGYM |
| | | | | | | | |
| | | | | | | | |
| 10:30 | 11:20 | SALA 2 | CARDIO POWER | PILATES-IOGA | STRETCHING | PILATES-IOGA | GAC |
| 10:30 | 11:20 | EXTERIOR | STRETCHING | WORKOUT | AERODANCE | | |
| 10:30 | 11:20 | EXTERIOR | SPINBIKE | | | SPINBIKE | |
| | | | | | | | |
| 11:30 | 12:20 | EXTERIOR | | PILATES-IOGA | | PILATES-IOGA | |
| 11:30 | 12:20 | SALA 2 | IOGA | | IOGA | | |
| TARDA | | | | | | | |
| 17:00 | 17:50 | SALA 2 | TONIFICACIÓ | | TONIFICACIÓ | | |
| 17:00 | 17:50 | SALA 3 | | PILATES | | PILATES | |
| | | | | | | | |
| 18:00 | 18:50 | SALA 3 | TONOENERGY | PILATES | STRETCHING | PILATES | TONIFICACIÓ |
| 18:00 | 18:50 | SALA 2 | SH'BAM | AERODANCE | TONOENERGY | CARDIO POWER | |
| | | | | | | | |
| | | | | | | | |
| 19:00 | 19:50 | SALA 3 | IOGA | | | BODY PUMP | |
| 19:00 | 19:50 | SALA 2 | BODY PUMP | CARDIO POWER | GAC | AERODANCE | HIIT |
| 19:00 | 19:50 | EXTERIOR | | SPINBIKE | SPINBIKE | | |
| | | | | | | | |
| 20:00 | 20:50 | SALA 1 | SPINBIKE | | | | |
| 20:00 | 20:50 | SALA 3 | | IOGA | | IOGA | |
| 20:00 | 20:50 | SALA 2 | | FITCOMPLEX | | | |
| 20:00 | 20:50 | EXTERIOR | | | WORKOUT | | |