

HORARIS AADD 2026						
HORARI	SALA	DILLUNS	DIMARTS	DIMERCRES	DIJOUS	DIVENDRES
7:30	8:30	1	HATHA VINYASA IOGA		TONO POSTURAL	ESQUENA SANA
7:30	8:30	2	TONO	BARRE	BODY PUMP	PILATES
7:30	8:30	Cy		CYCLING		CYCLING
7:30	8:30	Pi		SWIMFIT		
8:00	9:00	Pr	FULL BODY			
8:30	9:30	1	BARRE		PILATES	VINYASA IOGA
8:30	9:30	2	BODY PUMP	GAP	CARDIOTONO	TONO
8:30	9:30	Pr		CIRCUIT TRAINING		HIIT
9:00	10:00	SA			HYROX	
9:00	10:00	Pr			UPPERBODY CORE	
9:00	10:00	Ou			TENNIS & FRIENDS	
9:30	10:30	1	GAP	BARRE	TONO	PILATES
9:30	10:30	2	HIIT	BODY PUMP	COREO DANCE	FUNCTIONAL TRAINING
9:30	10:30	Pr	FUNCTIONAL POWER	CIRCUIT TRAINING		FUNCTIONAL POWER
9:30	10:30	Cy	CYCLING		CYCLING	CYCLING
9:30	10:30	Pi			SWIMFIT	
9:30	10:30	Ou			RACKET & CO	
9:30	11:00	Ou		PADEL & CO		
10:00	11:00	Ou			PADEL & CO	
10:00	12:00	Ou	BS WALKING			BS WALKING
10:30	11:00	Pr				MINDFULNESS CO
10:30	11:30	1	CLASSIC CONDITION	PILATES	BODY BALANCE	CLASSIC CONDITION
10:30	11:30	2	UPPERBODY CORE	TONO DANCE	GAP	FULL BODY
10:30	11:30	Pi	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
11:00	11:30	Pr				RESPIRACIÓN CO
11:30	12:00	1			MINDFULNESS	
11:30	12:15	Ou		TENNIS DE TAULA		
11:30	12:30	1	PILATES	CORE STRETCH		VINYASA CHAKRA IOGA
11:30	12:30	2	SEVILLANES			SEVILLANES
11:30	12:30	Pr				TONO
12:15	13:00	Ou		TENNIS DE TAULA		
12:00	13:00	1			TONO	
12:00	13:30	1			VINYASA CHAKRA IOGA	
12:30	13:00	1	RELEASE			PILATES
12:30	13:00	2			MINDFULNESS	
12:30	13:30	1			PILATES	
12:30	14:00	2	FLAMENC			
13:00	13:30	1	LIBERACIÓN			RESPIRACIÓN CO
13:15	14:00	Pi	SWIMFIT	SWIMFIT	SWIMFIT	SWIMFIT
13:15	14:30	Pi				SWIMFIT XL
13:30	14:00	1	MINDFULNESS			
13:30	14:30	1		ESQUENA SANA	BARRE	ESQUENA SANA
13:30	14:30	2			COREO DANCE AVANÇAT	DIVA DANCE
14:00	15:00	Pr		TONO		TONO
14:00	15:00	Cy				CYCLING
14:15	15:00	Cy	CYCLING PRO	CYCLING PRO	CYCLING	
14:30	15:30	1				PILATES
14:30	15:30	2	HIIT	BODY PUMP	CARDIOTONO	HIIT
15:00	16:00	Ou	TENNIS & FRIENDS			PADEL & CO
15:30	16:30	1				STRETCHING
16:30	17:30	2		URBAN DANCE		
17:00	18:00	1	GAP		TONO	PILATES
17:00	18:00	2	COREO DANCE		CARDIODANCE	GAP
17:00	18:00	Pr	ESQUENA SANA			
17:00	18:00	Ou				TENNIS DE TAULA
17:30	18:30	1			PILATES	
17:30	18:30	2			TONO	
18:00	19:00	1	PILATES		BARRE	ESQUENA SANA
18:00	19:00	2	TONO		HYROX	STEP
18:00	19:00	Cy			CYCLING	
18:00	19:00	Pr		UPPERBODY CORE		CIRCUIT TRAINING
18:30	19:30	1		ESQUENA SANA		
18:30	19:30	2		DANCE		
19:00	19:45	Ou				TENNIS DE TAULA
19:00	20:00	1			VINYASA CHAKRA IOGA	STRETCHING
19:00	20:00	2	HIIT		HIIT	COREO DANCE
19:00	20:00	Pr		BOXING	KICKBOXING	TONO
19:00	20:00	Cy	CYCLING	CYCLING		CYCLING
19:00	20:30	1	IOGA			IOGA
19:15	20:00	Pi	AQUAGYM		AQUAGYM	
19:30	20:00	2		URBAN DANCE		
19:30	20:30	1		BARRE		
19:45	20:30	Ou				TENNIS DE TAULA
20:00	21:00	1			MINDFULNESS	
20:00	21:00	2	MINDFULNESS	FULLBODY		FULLBODY
20:00	21:00	Pr	HIIT	HIIT	HIIT	BOXING
20:15	21:00	Pi	SWIMFIT			
20:30	21:30	1		CORAL		

Assistència amb reserva a la app o al taulell de manera presencial. Aforaments limitats segons la normativa vigent.



La direcció es reserva el dret de modificar/anul·lar horaris o continguts de les activitats depenent del funcionament de les matèries.