

| HORA | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|-------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|--|
| 9:15 | FIT MANTENIMENT | | FIT MANTENIMENT | | PILATES |
| 9:30 | | LES MILLS BODYBALANCE | | LES MILLS BODYBALANCE | |
| 10:15 | AQUA Fitness | | AQUA Fitness | | AQUA Fitness |
| 15:15 | TONO | | TONO | | CROSS TRAINING |
| 15:30 | | G.A.C. Glutis - Abdominals - Cames | | G.A.C. Glutis - Abdominals - Cames | |
| 17:00 | CORE | LES MILLS BODYBALANCE | STRETCHING | LES MILLS BODYBALANCE | |
| 18:00 | G.A.C. Glutis - Abdominals - Cames | ABDOMINALS 30' | G.A.C. Glutis - Abdominals - Cames | ABDOMINALS 30' | TONO |
| 18:30 | POWER DUMBBELLS | | POWER DUMBBELLS | | |
| 19:00 | PILATES | ZUMBA | PILATES | ZUMBA | |
| 19:00 | AQUAERÒBIC | CICLE INDOR | AQUAERÒBIC | CICLE INDOR | ZUMBA |
| 20:00 | STEPS | | STEPS | | |
| 20:00 | CICLE INDOR | POWERDISK | CICLE INDOR | FIT COMBAT | TRX TRAINING TOTAL RESISTENCE EXERCISES |
| 20:15 | | AQUA GYM | | AQUA GYM | |
| 21:00 | CROSS TRAINING | FIT COMBAT | CROSS TRAINING | POWERDISK | |

*La graella d'activitats està subjecta a canvis.

*La direcció del pavelló es reserva el dret de fer qualsevol canvi, en l'horari si ho creu necessari.

*Les activitats dirigides poden quedar suspeses per causes internes o externes així com períodes vacacionals.