

|       | DILLUNS            |           | DIMARTS           |           | DIMECRES          |           | DIJOUS                  |           | DIVENDRES               |           | DISSABTE              |           | DIUMENGE         |           |
|-------|--------------------|-----------|-------------------|-----------|-------------------|-----------|-------------------------|-----------|-------------------------|-----------|-----------------------|-----------|------------------|-----------|
| 7:10  | HBX FUSION         | 45'<br>S2 |                   |           | CROSSBIKE         | 50'<br>S1 |                         |           | STRENGHT & CONDITIONING | 45'<br>FG |                       |           |                  |           |
| 7:15  | TOTAL BODY         | 30'<br>SF | ESTIRAMENTS       | 30'<br>SF | TOTAL BODY        | 30'<br>SF | ESTIRAMENTS             | 30'<br>SF | TOTAL BODY              | 30'<br>SF |                       |           |                  |           |
| 7:30  |                    |           | NATACIÓ           | 60'<br>PE |                   |           | NATACIÓ                 | 60'<br>PE |                         |           |                       |           |                  |           |
|       |                    |           | REM INDOOR        | 45'<br>S1 | REM DE MAR        | 90'<br>MA | REM DE MAR              | 70'<br>MA |                         |           | REM DE MAR LUDIC      | 70'<br>MA |                  |           |
|       |                    |           | CNB CROSS         | 45'<br>SF |                   |           |                         |           |                         |           |                       |           |                  |           |
| 8:00  | TABATA             | 45'<br>S2 |                   |           | HBX FUSION        | 45'<br>S2 | TOTAL BODY              | 45'<br>S2 | SPINNING                | 50'<br>S1 |                       |           |                  |           |
|       | SPINNING           | 50'<br>S1 |                   |           |                   |           |                         |           |                         |           |                       |           |                  |           |
| 8:20  |                    |           | TOTAL BODY        | 45'<br>S2 |                   |           |                         |           |                         |           |                       |           |                  |           |
| 8:30  |                    |           | ABDOMINALS        | 30'<br>S3 |                   |           | ABDOMINALS              | 30'<br>S3 |                         |           |                       |           |                  |           |
| 8:45  |                    |           |                   |           |                   |           |                         |           |                         |           | REM DE MAR INICIACIÓ  | 60'<br>MA |                  |           |
| 9:00  |                    |           |                   |           |                   |           | REM INDOOR              | 45'<br>S1 |                         |           |                       |           |                  |           |
| 9:45  |                    |           |                   |           |                   |           |                         |           |                         |           | ESTIRAMENTS           | 30'<br>SF | ESTIRAMENTS      | 30'<br>SF |
|       |                    |           |                   |           |                   |           |                         |           |                         |           | REM DE MAR RENDIMENT  | 90'<br>MA | HATHA IOGA       | 60'<br>TM |
|       |                    |           |                   |           |                   |           |                         |           |                         |           | HATHA IOGA            | 60'<br>TM |                  |           |
| 10:00 | BARRE I MOVIMENT   | 45'<br>S3 | ACTIVA'T STRENGHT | 45'<br>S3 | HATHA IOGA        | 60'<br>S3 | ESQUENA SANA            | 45'<br>S3 | VINYASA IOGA            | 60'<br>S3 | SPINNING              | 50'<br>S1 | AIGÜES PROFUNDES | 50'<br>PS |
|       | AIGÜES PROFUNDES   | 50'<br>PS |                   |           | AIGÜES PROFUNDES  | 50'<br>PS |                         |           | AIGÜES PROFUNDES        | 50'<br>PS |                       |           |                  |           |
| 10:15 | ABDOMINALS         | 30'<br>S1 | ABDOMINALS        | 30'<br>SF | ABDOMINALS        | 30'<br>S1 | ABDOMINALS              | 30'<br>S1 | ABDOMINALS              | 30'<br>S1 |                       |           |                  |           |
| 10:30 |                    |           |                   |           |                   |           |                         |           |                         |           |                       |           |                  |           |
| 11:00 | ACTIVA'T STRECHING | 45'<br>S2 | PILATES           | 45'<br>S2 | IOGA INTEGRAL     | 60'<br>S3 | ACTIVA'T STRENGHT       | 45'<br>S3 | ACTIVA'T MOBILITY       | 45'<br>S2 | HBX FUSION            | 30'<br>S2 | WELLNESS-FIT     | 45'<br>S2 |
|       |                    |           | AIGÜES PROFUNDES  | 50'<br>PE | ACTIVA'T SPINNING | 45'<br>S1 | AIGÜES PROFUNDES        | 50'<br>PS | YIN IOGA                | 60'<br>S3 | PADDLE SURF INICIACIÓ | 60'<br>OU | TABATA           | 50'<br>S1 |
|       |                    |           |                   |           |                   |           |                         |           |                         |           | WELLNESS-FIT          | 45'<br>S2 | AIGÜES PROFUNDES | 50'<br>PS |
| 12:00 | ESQUENA SANA       | 45'<br>S2 | TAI-TXÍ           | 60'<br>S3 | AIGÜES PROFUNDES  | 50'<br>PS | TAI-TXÍ                 | 60'<br>S3 | AIGÜES PROFUNDES        | 50'<br>PS | CROSSBIKE             | 50'<br>S1 | SPINNING         | 50'<br>S1 |
|       | AIGÜES PROFUNDES   | 50'<br>PS |                   |           |                   |           |                         |           |                         |           | AIGÜES PROFUNDES      | 50'<br>PS | AIGÜES PROFUNDES | 50'<br>PE |
| 13:00 | HBX BOXING         | 45'<br>S2 | SPINNING          | 50'<br>S1 | HBX BOXING        | 45'<br>S2 | SPINNING                | 50'<br>S1 |                         |           | CORE                  | 30'<br>SF | HBX FUSION       | 45'<br>S2 |
|       |                    |           | HIPORESSIUS       | 45'<br>S3 |                   |           | HIPORESSIUS             | 45'<br>S3 |                         |           | HBX BOXING            | 45'<br>S2 | TABATA           | 30'<br>SF |
|       |                    |           |                   |           |                   |           |                         |           |                         |           |                       |           | REM INDOOR       | 45'<br>S1 |
| 13:15 | ABDOMINALS         | 30'<br>S3 | GAC               | 30'<br>SF | TOTAL BODY        | 30'<br>SF | ABDOMINALS              | 30'<br>S2 | ESTIRAMENTS             | 30'<br>S3 |                       |           |                  |           |
| 13:30 | CNB CROSS          | 50'<br>SF |                   |           |                   |           | CNB CROSS               | 60'<br>SF |                         |           | TABATA                | 30'<br>S2 | HIIT             | 30'<br>S2 |
| 14:00 | SPINNING           | 50'<br>S1 | SPINNING          | 50'<br>S1 | SPINNING          | 50'<br>S1 | SPINNING                | 50'<br>S1 | SPINNING                | 50'<br>S1 |                       |           |                  |           |
|       |                    |           | PILATES           | 45'<br>S3 |                   |           | PILATES                 | 45'<br>S3 |                         |           |                       |           |                  |           |
| 14:30 | POWER CIRCUIT      | 45'<br>S2 | RUNNING CNB       | 60'<br>EX | METABÒLIC         | 45'<br>S2 | RUNNING CNB             | 60'<br>EX | TABATA                  | 45'<br>S2 |                       |           |                  |           |
|       | NATACIÓ            | 60'<br>PS | NATACIÓ           | 60'<br>PS | NATACIÓ           | 60'<br>PE | NATACIÓ                 | 60'<br>PE | NATACIÓ                 | 60'<br>PS |                       |           |                  |           |
|       | HATHA IOGA         | 60'<br>S3 |                   |           |                   |           |                         |           |                         |           |                       |           |                  |           |
| 14:45 |                    |           |                   |           | ROCKET IOGA       | 60'<br>S3 |                         |           |                         |           |                       |           |                  |           |
| 15:10 | HIIT               | 30'<br>SF | TABATA            | 45'<br>S1 | CORE              | 30'<br>SF | HBX FUSION              | 45'<br>S2 | CORE                    | 30'<br>SF |                       |           |                  |           |
| 16:15 |                    |           |                   |           |                   |           |                         |           |                         |           |                       |           | GAC              | 30'<br>SF |
| 16:45 |                    |           |                   |           |                   |           |                         |           |                         |           | HIIT                  | 30'<br>S2 |                  |           |
| 17:00 | CNB CROSS          | 60'<br>SF |                   |           | CNB CROSS         | 60'<br>SF |                         |           | CNB CROSS               | 60'<br>SF |                       |           |                  |           |
| 17:30 |                    |           |                   |           |                   |           | REM INDOOR              | 45'<br>S1 |                         |           | GAC                   | 30'<br>SF |                  |           |
| 17:45 | PILATES            | 45'<br>S1 |                   |           | PILATES           | 45'<br>S3 |                         |           | PILATES                 | 45'<br>S3 |                       |           |                  |           |
|       | BARRE TRAINING     | 45'<br>S3 |                   |           |                   |           |                         |           |                         |           |                       |           |                  |           |
| 18:00 |                    |           | ASHTANGA IOGA     | 90'<br>S3 | SPINNING          | 50'<br>S1 | ASHTANGA INICIACIÓ/MISO | 60'<br>S3 |                         |           |                       |           |                  |           |
| 18:15 | HBX FUSION         | 30'<br>SF | HBX FUSION        | 45'<br>S2 | HIIT              | 30'<br>SF | HBX FUSION              | 30'<br>SF | TOTAL BODY              | 45'<br>S2 |                       |           |                  |           |
|       | TOTAL BODY         | 45'<br>S2 | CORE              | 30'<br>SF | TOTAL BODY        | 45'<br>S2 |                         |           | CORE                    | 30'<br>SF |                       |           |                  |           |
|       |                    |           | URBAN FUSION      | 45'<br>S1 |                   |           |                         |           |                         |           |                       |           |                  |           |
| 18:30 |                    |           |                   |           |                   |           | HBX BOXING              | 45'<br>S2 |                         |           |                       |           |                  |           |
| 18:35 | DYP                | 55'<br>S3 |                   |           | DANCE             | 45'<br>S3 |                         |           | DYP                     | 60'<br>S3 |                       |           |                  |           |
|       | CARDIO TO          | 45'<br>S1 |                   |           |                   |           |                         |           |                         |           |                       |           |                  |           |
| 19:05 |                    |           |                   |           |                   |           | ROCKET IOGA             | 60'<br>S3 |                         |           |                       |           |                  |           |
| 19:10 | METABÒLIC          | 50'<br>S2 |                   |           | AIGÜES PROFUNDES  | 50'<br>PS |                         |           | POWER CIRCUIT           | 45'<br>S2 |                       |           |                  |           |
|       |                    |           |                   |           | TABATA            | 50'<br>S2 |                         |           |                         |           |                       |           |                  |           |
| 19:15 |                    |           | HBX BOXING        | 45'<br>S2 |                   |           |                         |           |                         |           |                       |           |                  |           |
|       |                    |           | SPINNING          | 50'<br>S1 |                   |           |                         |           |                         |           |                       |           |                  |           |
| 19:20 |                    |           |                   |           |                   |           | SPINNING                | 50'<br>S1 | AIGÜES PROFUNDES        | 40'<br>PS |                       |           |                  |           |
| 19:25 |                    |           |                   |           | CARDIO TO         | 45'<br>S3 |                         |           |                         |           |                       |           |                  |           |
| 19:30 | NATACIÓ            | 60'<br>PS |                   |           | NATACIÓ           | 60'<br>PS |                         |           |                         |           |                       |           |                  |           |
| 19:35 | ESTIRAMENTS        | 40'<br>S3 |                   |           |                   |           |                         |           |                         |           |                       |           |                  |           |
| 19:45 |                    |           |                   |           |                   |           |                         |           |                         |           |                       |           |                  |           |
| 20:10 |                    |           |                   |           |                   |           | REM INDOOR              | 45'<br>S1 |                         |           |                       |           |                  |           |
| 20:15 |                    |           | GAC               | 30'<br>SF |                   |           | CORE                    | 30'<br>SF |                         |           |                       |           |                  |           |

● Equilibri i Confort ● Coreografiades ● Entrenament Funcional ● Màxim Rendiment ● Aquàtiques ● Natació ● Alta Intensitat ● CNB Outdoor ● CNB CROSS  
S1: Polivalent 1 · S2: Polivalent 2 · S3: Sala de loga · TM: Terrassa Mirador · SF: Sala de Fitness · PS: Piscina · PE: Piscina Exterior · TPE: Terrassa Piscina Ext · EX: Exterior · FG: Frontó Gran · PR: Piscina Recreativa · MA: Mar · OU: CNB Outdoor

CADA ACTIVITAT DIRIGIDA TÉ ASSIGNAT UN ESPAI. LA SEGONA SALA FA REFERÈNCIA A L'ESPAI ALTERNATIU EN CAS DE PLUJA  
LA DIRECCIÓ ES RESERVA EL DRET DE MODIFICAR L'HORARI I EL CONTINGUT DE LES ACTIVITATS QUE S'OFEREIXEN EN EL PROGRAMA

