

| | | | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-----|-------|-------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|-----------------------|-----------------------|
| 7h | 7.30 | 8.20 | BESTCYCLING Sala 1 | | BESTCYCLING Sala 1 | | BESTCYCLING Sala 1 | | |
| | 8.30 | 9.20 | BESTCYCLING Sala 1 | | BESTCYCLING Sala 1 | | BESTCYCLING Sala 1 | | |
| 9h | 9.15 | 10.00 | AQUAGYM Piscina petita | AQUAGYM Piscina petita | AQUAGYM Piscina petita | AQUAGYM Piscina petita | AQUAGYM Piscina petita | | |
| | 9.15 | 10.00 | | BODYPUMP Exterior | | BODYPUMP Exterior | | | |
| | 9.30 | 10.15 | CYCLING Sala 1 | BESTCYCLING Sala 1 | CYCLING Sala 1 | BESTCYCLING Sala 1 | CYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 |
| | 9.30 | 10.15 | | | ZUMBA Exterior | | PILATES Exterior | | |
| 10h | 10.00 | 10.45 | AQUAGYM Piscina petita | | AQUAGYM Piscina petita | | AQUAGYM Piscina petita | | |
| | 10.15 | 11.00 | SWIMMING Piscina gran | AQUAGYM Piscina petita | | AQUAGYM Piscina petita | SWIMMING Piscina gran | | |
| | 10.30 | 11.00 | | | HIIT Exterior | | | | |
| | 10.30 | 11.15 | CROSSTRANING Exterior | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | FUNCIONAL Exterior | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 |
| 11h | 11.30 | 12.20 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | |
| 12h | 12.30 | 13.20 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | |
| 13h | 13.30 | 14.20 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | | |
| 14h | 14.30 | 15.20 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | | |
| 15h | 15.30 | 16.20 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | | |
| 16h | 16.30 | 17.20 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | | |
| 17h | 17.15 | 18.00 | | | PILATES Exterior | | | | |
| | 17.30 | 18.20 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | |
| 18h | 18.10 | 18.55 | BODYPUMP Exterior | GAC Exterior | TOTAL BODY Exterior | BODYPUMP Exterior | GAC Exterior | | |
| 19h | 19.00 | 20.00 | | HATHA IOGA Sala 2 | | HATHA IOGA Sala 1 | BESTCYCLING Sala 1 | | |
| | 19.00 | 19.45 | CYCLING Sala 1 | | CYCLING Sala 1 | | | | |
| | 19.00 | 19.45 | | CROSSTRANING Exterior | ZUMBA Exterior | CROSSTRANING Exterior | | | |
| | 19.10 | 19.55 | | | | MOBILITAT Sala 2 | CYCLING Sala 1 | | |
| | 19:15 | 20.00 | AQUAGYM Piscina petita | | AQUAGYM Piscina petita | | | | |
| 20h | 20.00 | 20.45 | BESTCYCLING Sala 1 | CYCLING Sala 1 | BESTCYCLING Sala 1 | CYCLING Sala 1 | BESTCYCLING Sala 1 | | |
| | 20.00 | 20.45 | | | | HBX Exterior | | | |
| | 20.00 | 21.00 | RUNNING Exterior | | RUNNING Exterior | | | | |
| | 20.00 | 21.00 | ZUMBA Exterior | | | | | | |
| | 20.30 | 21.20 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | BESTCYCLING Sala 1 | | |

Activitats força

Activitats cardiovasculars

Activitats cos-ment

Activitat combo força i aquàtica

Activitats mixtes

Activitats aquàtiques

Activitats virtuals

Activitats exclusives per abonats a la Quota plus *

Activitats ONoutdoor (a l'exterior)

Activitats ONhome (presencials i streaming)

Llegenda tipologia d'activitats

La direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el número i ordre de sessions, el contingut i horaris d'aquestes, així com els tècnics que les imparteixen.

Per les Activitats ONoutdoor, en cas de dies on la climatologia sigui adversa, es portaran a terme dins d'un espai interior, sempre que sigui possible