

CLASSES PRESENCIALS I VIRTUALS MATÍ

HORARIS DE DILLUNS A DIVENDRES

CAP DE SETMANA

HORARI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE 8.30h-14.30h	DIUMENGE 9.30h-14.30h
08:00h	S.1	08:30-08:50 ABDOMINALS EXPRESS	08:30-08:50 ABDOMINALS EXPRESS	08:30-08:50 ESTIRAMENTS EXPRESS	08:30-08:50 ABDOMINALS EXPRESS	08:30-08:50 ESTIRAMENTS EXPRESS	08:45-09:30 TBC	
	S.2	08:30-08:50 ABDOMINALS EXPRESS	08:30-08:50 ESTIRAMENTS EXPRESS	08:30-08:50 ABDOMINALS EXPRESS	08:30-08:50 ESTIRAMENTS EXPRESS	08:30-08:50 ABDOMINALS EXPRESS	08:45-09:30 COMBAT	
	S.3	08:30-09:00 CYCLING EXPRESS	08:30-09:00 CYCLING EXPRESS	08:30-09:00 CYCLING EXPRESS	08:30-09:00 CYCLING EXPRESS	08:30-09:00 CYCLING EXPRESS	08:45-09:30 CYCLING	
09:00h	S.1	09:15-10:00 CIRCUIT TRAINING (Jordi)	09:15-10:00 TBC (Sònia)	09:15-10:00 TOTAL BODY (Alberto)	09:15-10:00 POWERTONO (Loli)	09:15-10:00 ESTIRAMENTS (Loli)	09:45-10:30 HIIT	09:45-10:30 TBC
	S.2		09:15-10:00 AERÒBIC LATINO		09:15-10:00 COMBAT	09:15-10:00 AEROBIC	09:45-10:30 PILATES	09:45-10:30 AERÒBIC
	S.3	09:15-10:00 CYCLING	09:15-10:00 CYCLING	09:15-10:00 CYCLING	09:15-10:00 CYCLING	09:15-10:00 CYCLING (Jordi)	09:45-10:30 CYCLING	09:45-10:30 CYCLING
10:00h	S.1					10:15-11:00 TBC	10:45-11:30 TBC	10:45-11:30 HIIT
	S.2	10:15-11:00 IOGA (Ingrid)	10:15-11:00 COMBAT	10:15-11:00 PILATES MIX (Alberto)	10:15-11:00 IOGA (Ingrid)	10:15-10:35 ESTIRAMENTS EXPRESS	10:45-11:30 GAC	10:45-11:05 ESTIRAMENTS EXPRESS
	S.3	10:15-11:00 CYCLING	10:15-11:00 CYCLING	10:15-11:00 CYCLING	10:15-11:00 CYCLING	10:15-11:00 CYCLING	10:45-11:30 CYCLING	10:45-11:30 CYCLING
11:00h	S.1	11:15-12:00 HIIT	11:15-11:35 ABDOMINALS EXPRESS	11:15-12:00 TBC	11:15-11:35 ABDOMINALS EXPRESS	11:15-11:35 ESTIRAMENTS EXPRESS	11:45-12:30 GAC	11:45-12:30 COMBAT
	S.2	11:30-12:15 AERÒBIC	11:15-12:00 IOGA	11:15-12:00 AERÒBIC LATINO	11:15-12:00 PILATES	11:15-12:00 GAC	11:45-12:30 COMBAT	11:45-12:30 TBC
	S.3	11:15-12:00 CYCLING EXPRESS	11:15-12:00 CYCLING	11:15-12:00 CYCLING	11:15-12:00 CYCLING	11:15-12:00 CYCLING	11:45-12:30 CYCLING	11:45-12:30 CYCLING
12:00h	S.1	12:15-12:35 ESTIRAMENTS EXPRESS	12:15-12:35 ABDOMINALS EXPRESS	12:15-12:35 ABDOMINALS EXPRESS	12:15-12:35 ESTIRAMENTS EXPRESS	12:15-12:35 ABDOMINALS EXPRESS	12:45-13:30 TONO	12:45-13:30 TBC
	S.2		12:15-12:35 ESTIRAMENTS EXPRESS	12:15-12:35 ABDOMINALS EXPRESS		12:15-12:35 ESTIRAMENTS EXPRESS	12:45-13:05 ESTIRAMENTS EXPRESS	12:45-13:30 GAC
	S.3	12:15-12:45 CYCLING ESPRESS	12:15-12:45 CYCLING ESPRESS	12:15-12:45 CYCLING ESPRESS	12:15-12:45 CYCLING ESPRESS	12:15-12:45 CYCLING ESPRESS	12:45-13:30 CYCLING	12:45-13:30 CYCLING

TANCAT DE 13H A 15H

TANCAT DE 14.30h A 15.30h

PER ACCEDIR A LES CLASSES PRESENCIALS I VIRTUALS CAL FER LA RESERVA PER L'APLICACIÓ <https://llicamunt.miclubonline.net/>

	CLASSES VIRTUALS
	CLASSE PRESENCIAL INTENSITAT ALTA
	CLASSE PRESENCIAL INTENSITAT MITJA
	CLASSE PRESENCIAL INTENSITAT BAIXA

HORARI SAUNA : Dilluns-Dimecres dones
Dimarts- Dijous homes
Divendres- Dissabte i diumenge : mixte

CLASSES PRESENCIALS I VIRTUALS TARDA

HORARIS DE DILLUNS A DIVENDRES

CAP DE SETMANA

HORARI	SAL A	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE 15.30h-21.30h	DIUMENGE 15.30h-21.30h
15:00h	S.1	15:15-16:00 POWERTONO (Loli)	15:15-16:00 TOTAL BODY (Jordi)	15:15-16:00 PILATES (Loli)	15:15-16:00 GAC (Jordi)	15:15-16:00 CIRCUIT TRAINNING (Jordi)		
	S.2	15:15-16:00 COMBAT	15:15-16:00 AERÒBIC	15:00-15:00 DANCE FITNESS (Susana)	15:15-16:00 IOGA	15:15-16:00 GAC		
	S.3	15:30-16:00 CYCLING EXPRESS	15:30-16:00 CYCLING EXPRESS	15:30-16:00 CYCLING EXPRESS	15:30-16:00 CYCLING EXPRESS	15:30-16:00 CYCLING EXPRESS		
16:00h	S.1		16:15-17:00 STEPS		16:15-17:00 HIIT	16:15-17:00 COMBAT	16:15-17:00 PILATES	16:15-17:00 TBC
	S.2	16:15-17:00 PILATES		16:15-17:00 AERÒBIC		16:15-16:35 ABDOMINALS EXPRESS	16:15-17:00 IOGA	16:15-17:00 GAC
	S.3	16:15-17:00 CYCLING	16:15-17:00 CYCLING	16:15-17:00 CYCLING	16:15-17:00 CYCLING	16:15-17:00 CYCLING	16:15-17:00 CYCLING	16:15-17:00 CYCLING
17:00h	S.1	17:15-17:35 ABDOMINALS EXPRESS	17:15-17:35 ESTIRAMENTS EXPRESS	17:15-17:35 ABDOMINALS EXPRESS	17:15-17:35 ESTIRAMENTS EXPRESS	17:15-17:35 ABDOMINALS EXPRESS	17:15-18:00 TONO	17:15-18:00 GAC
	S.2	17:15-17:35 ESTIRAMENTS EXPRESS		17:15-18:15 IOGA (Ingrid)		17:15-18:00 COMBAT	17:15-18:00 GAC	17:15-17:35 ESTIRAMENTS EXPRESS
	S.3	17:15-18:00 CYCLING	17:15-18:00 CYCLING	17:15-18:00 CYCLING	17:15-18:00 CYCLING	17:15-18:00 CYCLING	17:15-18:00 CYCLING	17:15-18:00 CYCLING
18:00h	S.1	18:00-18:45 CARDIOTONO CORE (Jordi)	18:00-18:45 PILATES MIX (Alberto)	18:00-18:45 CIRCUIT - GAC (Jordi)	18:00-18:45 TONIFICACIÓ (Jordi)	18:00-18:45 HIIT	18:15-19:00 COMBAT	18:15-19:00 PILATES
	S.2	18:00-18:45 CONTROL POSTURAL (Loli)	18:00-18:45 TAICHI		18:00-18:45 DANCE FITNESS (Susana)	18:00-18:45 GAC	18:15-19:00 AERÒBIC LATINO	18:15-18:35 ABDOMINALS EXPRESS
	S.3	18:15-19:00 CYCLING	18:15-19:00 CYCLING (Sergio)	18:15-19:00 CYCLING	18:15-19:00 CYCLING	18:15-19:00 CYCLING	18:15-19:00 CYCLING	18:15-19:00 CYCLING
19:00h	S.1	19:00-19:45 PILATES MIX (Alberto)	19:00-19:45 CIRCUIT TRAINNING (Jordi)	19:00-19:45 POWERTONO (Loli)	19:00-19:45 PILATES (Loli)	19:00-19:45 CARDIOTONO (Alberto)	19:15-20:00 HIIT	19:15-20:00 HIIT
	S.2	19:15-20:00 COMBAT	19:00-19:45 AERÒBIC LATINO	19:15-20:00 GAC	19:15-19:35 ESTIRAMENTS EXPRESS	19:15-20:00 PILATES	19:15-19:35 ESTIRAMENTS EXPRESS	19:15-19:35 ESTIRAMENTS EXPRESS
	S.3	19:15-20:00 CYCLING (Sergio)	19:15-20:00 CYCLING (Sergio)	19:15-20:00 CYCLING (Jordi)	19:15-20:00 CYCLING (Sergio)	19:15-20:00 CYCLING	19:15-20:00 CYCLING	19:15-20:00 CYCLING
20:00h	S.1	20:00-20:45 TOTAL BODY (Alberto)	20:00-20:45 GAC- ESTIRAMENTS (Aurea)	20:00-20:45 TONIFICACIÓ (Alberto)	20:00-20:45 PILATES MIX ESTIRAMENTS (Alberto)	20:00-20:45 HIIT	20:15-21:00 TBC	20:15-21:00 GAC
	S.2	20:15-20:35 ESTIRAMENTS EXPRESS	20:00-21:00 IOGA (Ingrid)	20:15-20:35 ABDOMINALS EXPRESS	20:15-21:00 IOGA	20:15-20:35 ESTIRAMENTS EXPRESS	20:15-21:00 IOGA	20:15-21:00 PILATES
	S.3	20:15-21:00 CYCLING	20:15-21:00 CYCLING	20:15-21:00 CYCLING	20:15-21:00 CYCLING	20:15-21:00 CYCLING	20:15-21:00 CYCLING	20:15-21:00 CYCLING
21:00h	S.1	21:00-21:20 ABDOMINALS EXPRESS	21:00-21:20 ESTIRAMENTS EXPRESS	21:00-21:20 ABDOMINALS EXPRESS	21:00-21:20 ESTIRAMENTS EXPRESS	21:00-21:20 ABDOMINALS EXPRESS		
	S.2	21:15-21:35 ESTIRAMENTS EXPRESS	21:15-21:35 ABDOMINALS EXPRESS	21:15-21:35 ESTIRAMENTS EXPRESS	21:15-21:35 ABDOMINALS EXPRESS	21:15-21:35 ESTIRAMENTS EXPRESS		
	S.3	21:15-21:45 CYCLING EXPRESS	21:15-21:45 CYCLING EXPRESS	21:15-21:45 CYCLING EXPRESS	21:15-21:45 CYCLING EXPRESS	21:15-21:45 CYCLING EXPRESS		

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	CLASSES VIRTUALS
	CLASSE PRESENCIAL INTENSITAT ALTA
	CLASSE PRESENCIAL INTENSITAT MITJA
	CLASSE PRESENCIAL INTENSITAT BAIXA

HORARI SAUNA :
 Dilluns-Dimecres dones
 Dimarts- Dijous homes
 Divendres- Dissabte i diumenge : mixte