Horari d'Activitats Dirigides: NOV-DES 2026

DESPIesport

Activitat Cos - Ment | Activitat Dance - Ball | Activitat Tonificació | Act. d'alt consum calòric | Act.força-resis. S.Boutique | Activitats Aquàtiques

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:15 SP DESPINNING 45' Alicia	7:15 Sala 1 CIRCUIT TRAINING 45' Luis	7:15 Sala 1 TBC 45' Alex	7:15 Sala 1 CROSS TRAINING 45' Alicia	7:15 SP DESPINNING 45' Jordi	8:30 SP DESPINNING 45' Pablo	9:30 SP DESPINNING 45' Pablo
8:00 Sala 1 ABDOMINALS 30' Alicia	8:00 Sala 1 BODYPUMP 55' Luis	8:00 Sala 2 ABDOMINALS 30' Jordi	7:30 Boutique FUNXTRAIN 45' Edu	8:00 Sala 1 TABATA 30' Jordi	8:30 Boutique CARDIO BOXING 45' Luis	10:15 Sala 1 ABDOMINALS 30' Pablo
8:30 Sala 1 GAC 45' Alicia	8:00 Boutique HBX BOXING 45' Edu	8:00 Sala 1 BODYPUMP 55' Alex	8:15 Boutique HBX BOXING 45' Edu	8:30 Boutique FUNXTRAIN 45' Jordi	9:30 Boutique FUNXTRAIN 45' Pablo	11:00 SP DESPINNING 45' Pablo
9:30 SP DESPINNING 45' Alicia	8:30 Sala 2 PILATES TERRA 55' Pilar	8:30 Boutique FUNXTRAIN 45' Jordi	8:15 Sala 2 PILATES TERRA 45' Alicia	9:30 SP DESPINNING 45' Jordi	9:30 Sala 1 CROSS TRAINING 45' Luis	
9:30 Sala 1 ZUMBA 55' Laura	9:00 Sala 1 TABATA 30' Luis	9:30 SP DESPINNING 45' Jordi	9:00 Sala 1 TBC 30' Alicia	9:30 Sala 1 ZUMBA 55' Laura	10:15 SP DESPINNING 45' Pablo	
10:30 Sala 1 BODYPUMP 55' Laura	9:30 Sala 2 ABDOMINALS 30' Pilar	9:30 Sala 1 BODYCOMBAT 55' Alex O	9:30 SP DESPINNING 45' Alicia	10:30 Sala 1 COMBO LES MILLS 55' Laura	10:30 Sala 1 BODYPUMP 55' Luis	
11:30 Sala 2 PILATES TERRA 55' Laura	9:30 SP DESPINNING 45' Luis	10:30 Boutique FUNXTRAIN 45' Alex O	9:30 Sala 1 ZUMBA 55' Ronny			
	9:30 Sala 1 BODYPUMP 55' Laura	10:30 Sala 1 EST. I MOBILITAT 45' Alicia	10:30 Sala 2 IOGA 55' Sofia			
	10:30 Sala 1 BODYBALANCE 55' Laura		10:30 Sala 1 BODYPUMP 55' Ronny			
			11:30 Sala 2 EST. I MOBILITAT 55' Sofia			

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
14:15 Boutique FUNXTRAIN 45' Carlos	14:15 Boutique FUNXTRAIN 45' Pau	15:15 Boutique HBX BOXING 45' Edu	15:00 Sala 2 EST. I MOBILITAT 55' Laura	15:15 Sala 1 BODYBALANCE 55' Laura		
15:15 Sala 1 BODYBALANCE 55' Laura	15:15 Sala 2 TBC 55' Victor	16:00 Sala 1 GAC 45' Edu	15:15 Boutique FUNXTRAIN 45' Victor	16:30 Sala 2 PILATES TERRA 55' Laura		
	16:00 Sala 1 EST. I MOBILITAT 55' Fran			16:30 Sala 1 BODYPUMP 55' Alex		

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
17:00 Sala 1 BODYPUMP HEAVY 55' Alex O	17:30 Sala 1 DESPIDANCE 55' Fran	17:00 Sala 2 STRONG 30' Luis	17:15 SP DESPINNING 45' Luis	17:30 Sala 1 ZUMBA 55' Laura		
17:00 Sala 2 ABDOMINALS 30' Laura	17:45 SP DESPINNING 45' Pablo	17:30 Boutique FUNXTRAIN 45' Edu	17:45 Sala 2 GAC 30' Laura	18:00 SP DESPINNING 55' Alex		
17:30 Sala 2 BODYBALANCE 55' Laura	18:00 Sala 2 GAC 30' Victor	17:30 Sala 2 EST. I MOBILITAT 30' Luis	18:15 Sala 2 EST. I MOBILITAT 55' Laura	18:00 Boutique HBX BOXING 45' Edu		
18:00 SP DESPINNING 45' Alex O	18:30 Boutique FUNXTRAIN 45' Victor	18:00 SP DESPINNING 45' Luis	18:30 Sala 1 ZUMBA 55' Berta	18:30 Sala1 ESPECIAL BODYBALANCE 55' Laura		
18:00 Boutique FUNXTRAIN 45' Pablo	18:30 Sala 1 BODYPUMP 55' Fran	18:30 Sala 1 BODYCOMBAT 55' Alex O	18:30 Boutique HBX BOXING 45' Victor	19:00 Exterior CROSS TRAINING 45' Edu		
18:30 Sala 1 ZUMBA 55' Laura	18:30 Sala 2 ABDOMINALS 30' Pablo	18:30 Sala 2 BODYBALANCE 55' Laura	19:15 SP DESPINNING 45' Alex	19:00 Sala 2 ABDOMINALS 30' Alex		
18:45 Sala 2 TABATA 30' Pablo	19:15 SP DESPINNING 45' Pablo	18:30 Boutique FUNXTRAIN 45' Edu	19:30 Sala 1 BODYPUMP 55' Laura	19:30 SP DESPINNING 45' Alex		
18:45 Boutique CARDIO BOXING 45' Alex O	19:15 Boutique HBX BOXING 45' Victor	19:15 SP DESPINNING 45' Alicia	19:30 Sala 2 GAC 45' Pau			
19:15 SP DESPINNING 45' Pablo	19:30 Sala 1 BODYCOMBAT 55' Fran	19:15 Boutique HBX BOXING 45' Alex	19:30 Boutique FUNXTRAIN 45' Victor			
19:15 Exterior CROSS TRAINING 45' Alex	20:15 SP DESPINNING 45' Pablo	19:30 Sala 1 ZUMBA 55' Laura	20:15 SP DESPINNING 45' Alex			
19:30 Sala 1 BODYCOMBAT 55' Alex O	20:30 Sala 1 DESPIDANCE 55' Fran	19:30 Exterior CROSS TRAINING 45' Toni				
20:00 Sala 2 GAC 30' Pablo		19:30 Sala 2 ABDOMINALS 30' Alex O				
20:15 SP DESPINNING 45' Alex		20:00 Boutique FUNXTRAIN 45' Alex				
20:30 Sala 1 BODYPUMP HEAVY 55' Alex O		20:15 SP DESPINNING 45' Alex O				
		20:30 Sala 1 BODYPUMP 55' Laura				

Horari d'Activitats Aquàtiques

7:30 AQUA STEP 50' Elena	7:30 AQUAFITNESS 50' Elena	7:30 TÀBATA 50' Elena	7:30 AQUADYNAMIC 45' Elena	7:30 AQUAFITNESS 50' Elena
8:30 AQUADYNAMIC 45' Elena	8:30 TÀBATA 50' Elena	8:30 AQUA STEP 50' Elena	8:30 AQUAFITNESS 50' Pilar	8:30 POSTURAL 50' Elena
9:30 AQUAFITNESS 50' Elena	9:30 AQUADYNAMIC 45' Elena	9:30 AQUAFITNESS 50' Elena	9:30 AQUAFITNESS 50' Pilar	9:30 AQUA STEP 50' Elena
10:30 AQUA STEP 50' Elena		10:30 AQUAFITNESS 50' Elena		10:30 AQUAFITNESS 50' Elena
15:15 AQUAFITNESS 45' Carlos	15:00 AQUAFITNESS 45' Fran	15:15 AQUA STEP 45' Alex C	15:00 AQUAFITNESS 45' Fran	15:15 AQUAFITNESS 50' Fran
17:00 AQUAFITNESS 50' Elena	18:00 AQUAFITNESS 50' Elena	17:00 POSTURAL 50' Elena	18:15 AQUAFITNESS 50' Luis	18:15 POSTURAL 45' Elena
18:00 TÀBATA 50' Elena	19:00 AQUAFITNESS 50' Elena	18:00 AQUA STEP 50' Elena	19:15 AQUAFITNESS 45' Fran	19:00 AQUADYNAMIC 45' Elena
19:00 AQUA STEP 50' Elena	20:00 AQUADYNAMIC 45' Elena	19:00 AQUAFITNESS 50' Elena	20:00 TÀBATA 45' Fran	
20:00 AQUADYNAMIC 45' Elena		20:00 AQUADYNAMIC 45' Elena		

Poliesportiu Salvador Gimeno:

Els Poliesportius es reserven el dret de poder canviar les activitats i els monitors/es en funció de les necessitats del servei, fins i tot anul·lar en cas de extrema necessitat.