



Horari d'Activitats Dirigides:

OCT-DES 2026



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 Alicia 45'	7:15 Sala 1 CIRCUIT TRAINING Luis 45'	7:15 Sala 1 TBC Alex 45'	7:15 Sala 1 CROSS TRAINING Alicia 45'	7:15 SP DESPINNING Jordi 45'	8:30 SP DESPINNING Pablo 45'	9:30 SP DESPINNING Pablo 45'
8:00 Sala 1 ABDOMINALS Alicia 30'	8:00 Sala 1 BODYPUMP Luis 55'	8:00 Sala 2 ABDOMINALS Jordi 30'	7:30 Boutique FUNTXION Edu 45'	8:00 Sala 1 TABATA Jordi 30'	8:30 Boutique CARDIO BOXING Luis 45'	10:15 Sala 1 ABDOMINALS Pablo 30'
8:30 Sala 1 GAC Alicia 45'	8:00 Boutique HBX BOXING Leo 45'	8:00 Sala 1 BODYPUMP Alex 55'	8:15 Boutique HBX BOXING Edu 45'	8:30 Boutique FUNTXION Jordi 45'	9:30 Boutique FUNTXION Pablo 45'	11:00 SP DESPINNING Pablo 45'
9:30 SP DESPINNING Alicia 45'	8:30 Sala 2 PILATES TERRA Pilar 55'	8:30 Boutique FUNTXION Jordi 45'	8:15 Sala 2 PILATES TERRA Alicia 45'	9:30 SP DESPINNING Jordi 45'	9:30 Sala 1 CROSS TRAINING Luis 45'	
9:30 Sala 1 ZUMBA Laura 55'	9:00 Sala 1 TABATA Luis 30'	9:30 SP DESPINNING Jordi 45'	9:00 Sala 1 TBC Alicia 30'	9:30 Sala 1 ZUMBA Laura 55'	10:15 SP DESPINNING Pablo 45'	
10:30 Sala 1 BODYPUMP Laura 55'	9:30 Sala 2 ABDOMINALS Pilar 30'	9:30 Sala 1 BODYCOMBAT Leo 55'	9:30 SP DESPINNING Alicia 45'	10:30 Sala 1 COMBO LES MILLS Laura 55'	10:30 Sala 1 BODYPUMP Luis 55'	
11:30 Sala 2 PILATES TERRA Laura 55'	9:30 SP DESPINNING Luis 45'	10:30 Boutique FUNTXION Leo 45'	9:30 Sala 1 ZUMBA Ronny 55'			
	9:30 Sala 1 BODYPUMP Laura 55'	10:30 Sala 1 EST. I MOBILITAT Alicia 45'	10:30 Sala 2 IYOGA Sofia 55'			
	10:30 Sala 1 BODYBALANCE Laura 55'		10:30 Sala 1 BODYPUMP Ronny 55'			
			11:30 Sala 2 EST. I MOBILITAT Sofia 55'			
Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
14:15 Boutique FUNTXION Carlos 45'	14:15 Boutique FUNTXION Pau 45'	15:15 Boutique HBX BOXING Leo 45'	15:00 Boutique FUNTXION Victor 45'	15:15 Sala 1 BODYBALANCE Laura 55'		
15:15 Sala 1 BODYBALANCE Laura 55'	15:15 Sala 2 TBC Victor 55'	16:30 Sala 1 GAC Leo 55'		16:30 Sala 2 PILATES TERRA Laura 55'		
	16:00 Sala 1 EST. I MOBILITAT Fran 55'			16:30 Sala 1 BODYPUMP Alex 55'		
Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
17:00 SP DESPINNING Alex O 45'	17:30 Sala 1 DESPIDANCE Fran 55'	17:00 Sala 2 STRONG Luis 30'	17:15 SP DESPINNING Luis 45'	17:30 Sala 1 ZUMBA Laura 55'		
17:30 Sala 1 BODYPUMP Leo 55'	17:45 SP DESPINNING Pablo 45'	17:30 Boutique FUNTXION Leo 45'	17:45 Sala 2 GAC Laura 30'	18:00 SP DESPINNING Alex 55'		
17:30 Sala 2 BODYBALANCE Laura 55'	18:00 Sala 2 GAC Victor 30'	17:30 Sala 2 EST. I MOBILITAT Luis 30'	18:15 Sala 2 EST. I MOBILITAT Laura 55'	18:00 Boutique HBX BOXING Edu 45'		
18:00 SP DESPINNING Alex O 45'	18:30 Boutique FUNTXION Victor 45'	18:00 SP DESPINNING Luis 45'	18:30 Sala 1 ZUMBA Berta 55'	18:30 Sala1 ESPECIAL BODYBALANCE Laura 55'		
18:15 Boutique FUNTXION Pablo 45'	18:30 Sala 1 BODYPUMP Fran 55'	18:30 Sala 1 BODYCOMBAT Alex O 55'	18:30 Boutique HBX BOXING Victor 45'	19:00 Exterior CROSS TRAINING Edu 45'		
18:30 Sala 1 ZUMBA Laura 55'	18:30 Sala 2 ABDOMINALS Pablo 30'	18:30 Sala 2 BODYBALANCE Laura 55'	19:15 SP DESPINNING Alex 45'	19:00 Sala 2 ABDOMINALS Alex 30'		
18:30 Sala 2 ABDOMINALS Leo 30'	19:15 SP DESPINNING Pablo 45'	18:30 Boutique FUNTXION Edu 45'	19:30 Sala 1 BODYPUMP Laura 55'	19:30 SP DESPINNING Alex 45'		
19:00 SP DESPINNING Pablo 45'	19:15 Boutique HBX BOXING Victor 45'	19:15 SP DESPINNING Alicia 45'	19:30 Sala 2 GAC Pau 45'			
19:00 Sala 2 TABATA Alex O 30'	19:30 Sala 1 BODYCOMBAT Fran 55'	19:15 Boutique HBX BOXING Edu 45'	19:30 Boutique FUNTXION Victor 45'			
19:15 Exterior CROSS TRAINING Alex 45'	20:15 SP DESPINNING Pablo 45'	19:30 Sala 1 ZUMBA Laura 55'	20:15 SP DESPINNING Alex 45'			
19:15 Boutique HBX BOXING Leo 45'	20:30 Sala 1 DESPIDANCE Fran 55'	19:30 Exterior CROSS TRAINING Toni 45'				
19:30 Sala 1 BODYCOMBAT Alex O 55'		19:30 Sala 2 ABDOMINALS Alex O 30'				
19:45 Sala 2 GAC Pablo 30'		20:15 SP DESPINNING Alex O 45'				
20:15 SP DESPINNING Alex 45'		20:15 Boutique FUNTXION Edu 45'				
20:30 Sala 1 BODYPUMP HEAVY Alex O 55'		20:30 Sala 1 BODYPUMP Laura 55'				
Horari d'Activitats Aquàtiques						
7:30 AQUA STEP Elena 50'	7:30 AQUAFITNESS Elena 50'	7:30 TÀBATA Elena 50'	7:30 AQUADYNAMIC Elena 45'	7:30 AQUAFITNESS Elena 50'		
8:30 AQUADYNAMIC Elena 45'	8:30 TÀBATA Elena 50'	8:30 AQUA STEP Elena 50'	8:30 AQUAFITNESS Pilar 50'	8:30 POSTURAL Elena 50'		
9:30 AQUAFITNESS Elena 50'	9:30 AQUADYNAMIC Elena 45'	9:30 AQUAFITNESS Elena 50'	9:30 AQUAFITNESS Pilar 50'	9:30 AQUA STEP Elena 50'		
10:30 AQUA STEP Elena 50'		10:30 AQUAFITNESS Elena 50'		10:30 AQUAFITNESS Elena 50'		
15:15 AQUAFITNESS Carlos 45'	15:00 AQUAFITNESS Fran 45'	15:15 AQUA STEP Alex C 45'	15:00 AQUAFITNESS Fran 45'	15:15 AQUAFITNESS Fran 50'		
17:00 AQUAFITNESS Elena 50'	18:00 AQUAFITNESS Elena 50'	17:00 POSTURAL Elena 50'	18:15 AQUAFITNESS Luis 50'	18:15 POSTURAL Elena 45'		
18:00 TÀBATA Elena 50'	19:00 AQUAFITNESS Elena 50'	18:00 AQUA STEP Elena 50'	19:15 AQUAFITNESS Fran 45'	19:00 AQUADYNAMIC Elena 45'		
19:00 AQUA STEP Elena 50'	20:00 AQUADYNAMIC Elena 45'	19:00 AQUAFITNESS Elena 50'	20:00 TÀBATA Fran 45'			
20:00 AQUADYNAMIC Elena 45'		20:00 AQUADYNAMIC Elena 45'				



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.