ESPAI

GRANOLLERS · ACTIVITATS DIRIGIDES

# Horari *setmanal*

**Setmana del 9 al 15**
de novembre de 2026

## Dilluns 9 de novembre — 43 SESSIONS

| | | | |
|---|---|---|---|
| 06:10–07:00 | Cycling | Sala Cycling | Luis Arias |
| 07:10–08:00 | BodyPump™ | AADD 1 | Mara Hernández |
| 07:15–08:00 | Aiguagym | Piscina interior | Mariona Salvany |
| 07:15–08:00 | Functional Training | Zona funcional | Andrés V. |
| 08:15–09:00 | Aiguagym | Piscina interior | Mariona Salvany |
| 08:15–09:00 | Tabata | AADD 1 | Mara Hernández |
| 09:00–09:30 | Abdominals | AADD 1 | Andrés V. |
| 09:15–10:00 | Aiguagym | Piscina interior | Mariona Salvany |
| 09:30–10:20 | Cycling | Sala Cycling | Oscar López |
| 09:30–10:20 | Mobility | Zona funcional | César Terg |
| 09:30–10:20 | Esquena sana | AADD 2 | Quim I. |
| 09:30–10:20 | BodyPump™ | AADD 1 | Andrés V. |
| 10:30–11:15 | Aiguagym | Piscina interior | Mariona Salvany |
| 10:30–11:20 | Estudi Pilates (€) | Estudi Pilates | César Terg |
| 10:30–11:20 | Espai Estira | AADD 1 | Jon I. |
| 10:30–11:20 | Foam Roller | AADD 2 | Quim I. |
| 11:30–12:15 | Aquamamis (€) | Piscina interior | Mariona Salvany |
| 13:40–14:30 | HBX Boxing | AADD 2 | Andrés V. |
| 13:40–14:30 | TBC | AADD 1 | Oriol M. |
| 13:40–14:30 | Cycling | Sala Cycling | Santi P. |
| 14:30–15:20 | TBC | AADD 1 | Oriol M. |
| 15:10–16:00 | Estudi Pilates (€) | Estudi Pilates | Jon I. |
| 15:20–16:10 | BodyPump™ | AADD 1 | Oriol M. |
| 16:30–17:00 | Glutis | AADD 1 | Edu Ramos |
| 17:10–18:00 | BodyPump™ | AADD 1 | Mara Hernández |
| 17:10–18:00 | Ioga | AADD 2 | Anabel Gómez |
| 17:15–18:00 | Functional Training | Zona funcional | Andrés V. |
| 17:30–18:15 | Curset natació (€) | Piscina interior | Rosana |
| 18:10–19:00 | TBC | AADD 1 | Edu Ramos |
| 18:10–19:00 | Estudi Pilates (€) | Estudi Pilates | Mara Hernández |
| 18:10–19:00 | Cycling | Sala Cycling | Joan Quintana |
| 18:15–19:00 | Functional Training | Zona funcional | Andrés V. |
| 18:15–19:00 | Tabata | AADD 2 | Mara Hernández |
| 18:15–19:00 | Curset natació (€) | Piscina interior | Rosana |
| 19:10–20:00 | Espai Estira | AADD 2 | Mara Hernández |
| 19:10–20:00 | BodyPump™ | AADD 1 | Víctor F. |
| 19:10–20:00 | Estudi Pilates (€) | Estudi Pilates | Nuria M. |
| 19:10–20:00 | Cycling | Sala Cycling | Joan Quintana |
| 19:15–20:00 | Functional Training | Zona funcional | Andrés V. |
| 19:15–20:00 | Aiguatonic | Piscina interior | Rosana |
| 20:10–21:00 | HBX Boxing | AADD 2 | Andrés V. |
| 20:10–21:00 | GAC | AADD 1 | Mara Hernández |
| 20:15–21:00 | Curset natació (€) | Piscina interior | Rosana |

## Dimarts 10 de novembre — 46 SESSIONS

| | | | |
|---|---|---|---|
| 06:10–07:00 | TRX | AADD 2 | Andrés V. |
| 06:10–07:00 | BodyPump™ | AADD 1 | Mel Baró |
| 06:10–07:00 | Estudi Pilates (€) | Estudi Pilates | Nuria M. |
| 07:10–08:00 | HBX Boxing | AADD 2 | Ferran García |
| 07:10–08:00 | TBC | AADD 1 | Ferran García |
| 07:10–08:00 | Cycling | Sala Cycling | Nuria M. |
| 07:15–08:00 | Tècnica natació | Piscina interior | Mariona Salvany |
| 08:10–09:00 | Mobility | AADD 2 | Nuria M. |
| 08:10–09:00 | BodyPump™ | AADD 1 | Mel Baró |
| 08:15–09:00 | Aiguagym | Piscina interior | Mariona Salvany |
| 09:00–09:30 | Glutis | Zona funcional | Andrés V. |
| 09:10–10:00 | Ioga | AADD 1 | Alba Moreno |
| 09:15–10:00 | Aiguagym | Piscina interior | Mariona Salvany |
| 09:30–10:20 | HBX Boxing | AADD 2 | Ferran García |
| 10:10–11:00 | Zumba® | AADD 1 | Yorgis G. |
| 10:15–11:00 | Functional Training | Zona funcional | Edu Ramos |
| 10:30–11:20 | Estudi Pilates (€) | Estudi Pilates | Gabriel Cintas |
| 10:30–11:20 | Pilates | AADD 2 | Virginia Jacquet |
| 11:00–11:30 | Glutis | AADD 1 | Edu Ramos |
| 11:00–11:45 | Curset natació (€) | Piscina interior | Mariona Salvany |
| 13:40–14:30 | BodyPump™ | AADD 1 | Mel Baró |
| 13:45–14:30 | Functional Training | Zona funcional | Pep A. |
| 14:40–15:30 | GAC | AADD 1 | Ferran García |
| 15:30–16:00 | Lowerbody | AADD 1 | Ferran García |
| 16:10–17:00 | Zumba® | AADD 1 | Yorgis G. |
| 16:15–17:00 | Aquamamis (€) | Piscina interior | Rosana |
| 17:00–17:30 | Upperbody | AADD 1 | Ferran García |
| 17:10–18:00 | Estudi Pilates (€) | Estudi Pilates | César Terg |
| 17:15–18:00 | Tabata | Zona funcional | Andrés V. |
| 17:30–18:00 | Lowerbody | AADD 1 | Ferran García |
| 17:30–18:15 | Curset natació (€) | Piscina interior | Rosana |
| 18:10–19:00 | Cycling | Sala Cycling | Helena C. |
| 18:10–19:00 | BodyPump™ | AADD 1 | Víctor F. |
| 18:10–19:00 | Estudi Pilates (€) | Estudi Pilates | César Terg |
| 18:10–19:00 | Mobility | AADD 2 | Nuria M. |
| 18:15–19:00 | Curset natació (€) | Piscina interior | Rosana |
| 18:15–19:00 | Functional Training | Zona funcional | Andrés V. |
| 19:10–20:00 | K1 Speed | AADD 2 | Ali El Ameri |
| 19:10–20:00 | Estudi Pilates (€) | Estudi Pilates | César Terg |
| 19:10–20:00 | Cycling | Sala Cycling | Helena C. |
| 19:15–20:00 | Aiguafit | Piscina interior | Rosana |
| 19:15–20:00 | Tabata | AADD 1 | Andrés V. |
| 19:15–20:00 | Functional Training | Zona funcional | Edu Ramos |
| 20:00–20:30 | Abdominals | AADD 1 | Edu Ramos |
| 20:10–21:00 | Ioga | AADD 2 | Alba Moreno |
| 20:15–21:00 | Functional Training | Zona funcional | Andrés V. |

## Dimecres 11 de novembre — 46 SESSIONS

| | | | |
|---|---|---|---|
| 06:10–07:00 | GAC | AADD 2 | Oriol M. |
| 06:15–07:00 | HIIT | AADD 1 | Ferran García |
| 07:10–08:00 | Estudi Pilates (€) | Estudi Pilates | Oriol M. |
| 07:15–08:00 | Aiguagym | Piscina interior | Mariona Salvany |
| 07:15–08:00 | HIIT | AADD 1 | Ferran García |
| 08:10–09:00 | Esquena sana | AADD 2 | Oriol M. |
| 08:15–09:00 | Aiguagym | Piscina interior | Mariona Salvany |
| 08:15–09:00 | Functional Training | Zona funcional | Ferran García |
| 09:00–09:30 | Glutis | AADD 1 | Oriol M. |
| 09:15–10:00 | Aiguagym | Piscina interior | Mariona Salvany |
| 09:30–10:20 | TBC | AADD 1 | Nuria M. |
| 09:30–10:20 | Pilates | AADD 2 | César Terg |
| 09:30–10:20 | Estudi Pilates (€) | Estudi Pilates | Oriol M. |
| 09:30–10:20 | Cycling | Sala Cycling | Oscar López |
| 10:30–11:20 | Estudi Pilates (€) | Estudi Pilates | Oriol M. |
| 10:30–11:20 | Mobility | AADD 1 | Nuria M. |
| 10:30–11:20 | Espai Estira | AADD 2 | Tomàs Méndez |
| 11:30–12:15 | Aquamamis (€) | Piscina interior | Mariona Salvany |
| 11:30–12:20 | Free Dance | AADD 1 | César Terg |
| 13:40–14:30 | Cycling | Sala Cycling | Pep A. |
| 13:45–14:30 | Hipopressius | AADD 1 | Cristina Pradas |
| 13:45–14:30 | Functional Training | Zona funcional | Edu Ramos |
| 15:10–16:00 | HBX Boxing | AADD 2 | Ferran García |
| 15:15–16:00 | Hipopressius | AADD 1 | Cristina Pradas |
| 15:30–16:15 | Aiguacardio | Piscina interior | Rosana |
| 16:10–17:00 | Espai Estira | AADD 2 | Ferran García |
| 17:10–18:00 | Pilates | AADD 2 | Quim I. |
| 17:15–18:00 | Functional Training | Zona funcional | Andrés V. |
| 17:30–18:15 | Curset natació (€) | Piscina interior | Rosana |
| 18:00–18:30 | Glutis | Zona funcional | Andrés V. |
| 18:10–19:00 | Cycling | Sala Cycling | Oscar López |
| 18:10–19:00 | BodyPump™ | AADD 1 | Mara Hernández |
| 18:10–19:00 | Estudi Pilates (€) | Estudi Pilates | Oriol M. |
| 18:10–19:00 | Hipoioga | AADD 2 | Cristina Pradas |
| 18:15–19:00 | Curset natació (€) | Piscina interior | Rosana |
| 18:30–19:00 | Abdominals | Zona funcional | Andrés V. |
| 19:10–20:00 | Estudi Pilates (€) | Estudi Pilates | Oriol M. |
| 19:10–20:00 | Cycling | Sala Cycling | Oscar López |
| 19:10–20:00 | BodyCombat™ | AADD 1 | Víctor F. |
| 19:15–20:00 | Aiguatonic | Piscina interior | Mariona Salvany |
| 19:15–20:00 | Functional Training | Zona funcional | Ferran García |
| 19:15–20:00 | HIIT | AADD 2 | Andrés V. |
| 20:00–20:30 | Glutis | AADD 2 | Andrés V. |
| 20:10–21:00 | Zumba® | AADD 1 | Yorgis G. |
| 20:15–21:00 | Curset natació (€) | Piscina interior | Rosana |
| 20:30–21:00 | Abdominals | AADD 2 | Andrés V. |

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GRANOLLERS · ACTIVITATS DIRIGIDES

# Horari *setmanal*

**Setmana del 9 al 15**
de novembre de 2026

## Dijous 12 de novembre — 34 SESSIONS

| | | | |
|---|---|---|---|
| **06:10**–07:00 | **Estudi Pilates** (€) | Estudi Pilates | Nuria M. |
| **06:15**–07:00 | **Tabata** | AADD 1 | Andrés V. |
| **07:10**–08:00 | **Cycling** | Sala Cycling | Oscar López |
| **07:15**–08:00 | **Tècnica natació** | Piscina interior | Ferran García |
| **07:15**–08:00 | **Functional Training** | Zona funcional | Andrés V. |
| **08:00**–08:30 | **Abdominals** | AADD 1 | Andrés V. |
| **08:30**–09:00 | **Lowerbody** | AADD 1 | Andrés V. |
| **09:00**–09:30 | **Upperbody** | AADD 1 | Andrés V. |
| **09:15**–10:00 | **Aiguagym** | Piscina interior | Ferran García |
| **09:30**–10:20 | **TBC** | AADD 1 | Oscar López |
| **09:30**–10:20 | **loga** | AADD 2 | Anabel Gómez |
| **10:30**–11:15 | **Hipopressius** | AADD 2 | Cristina Pradas |
| **13:40**–14:30 | **TBC** | AADD 1 | Edu Ramos |
| **13:45**–14:30 | **Tabata** | AADD 2 | Andrés V. |
| **14:30**–15:20 | **BodyPump™** | AADD 1 | Oriol M. |
| **15:15**–16:00 | **Functional Training** | Zona funcional | Edu Ramos |
| **16:10**–17:00 | **TBC** | AADD 1 | César Terg |
| **16:15**–17:00 | **Aquamamis** (€) | Piscina interior | Rosana |
| **17:10**–18:00 | **BodyPump™** | AADD 1 | Oriol M. |
| **17:10**–18:00 | **Pilates** | AADD 2 | César Terg |
| **17:30**–18:15 | **Curset natació** (€) | Piscina interior | Rosana |
| **18:10**–19:00 | **GAC** | AADD 2 | Edu Ramos |
| **18:10**–19:00 | **Free Dance** | AADD 1 | César Terg |
| **18:10**–19:00 | **Cycling** | Sala Cycling | Nuria M. |
| **18:15**–19:00 | **Curset natació** (€) | Piscina interior | Rosana |
| **18:15**–19:00 | **Functional Training** | Zona funcional | Oriol M. |
| **19:10**–20:00 | **Cycling** | Sala Cycling | Santi P. |
| **19:10**–20:00 | **Pilates** | AADD 2 | César Terg |
| **19:10**–20:00 | **TBC** | AADD 1 | Mara Hernández |
| **19:10**–20:00 | **Estudi Pilates** (€) | Estudi Pilates | Noemí Morales |
| **19:15**–20:00 | **Functional Training** | Zona funcional | Edu Ramos |
| **19:15**–20:00 | **Aiguafuncional** | Piscina interior | Rosana |
| **20:10**–21:00 | **Estudi Pilates** (€) | Estudi Pilates | Noemí Morales |
| **20:10**–21:00 | **BodyPump™** | AADD 1 | Mara Hernández |

## Divendres 13 de novembre — 32 SESSIONS

| | | | |
|---|---|---|---|
| **06:10**–07:00 | **TBC** | AADD 1 | Edu Ramos |
| **06:15**–07:00 | **Functional Training** | Zona funcional | Oriol M. |
| **07:10**–08:00 | **GAC** | AADD 1 | Edu Ramos |
| **07:15**–08:00 | **Aiguagym** | Piscina interior | Mariona Salvany |
| **07:15**–08:00 | **Tabata** | AADD 2 | Oriol M. |
| **08:10**–09:00 | **Espai Estira** | AADD 2 | Miriam Sánchez |
| **08:10**–09:00 | **TBC** | AADD 1 | Edu Ramos |
| **08:15**–09:00 | **Aiguagym** | Piscina interior | Mariona Salvany |
| **08:15**–09:00 | **HIIT** | Zona funcional | Oriol M. |
| **09:00**–09:30 | **Abdominals** | AADD 1 | Edu Ramos |
| **09:15**–10:00 | **Aiguagym** | Piscina interior | Mariona Salvany |
| **09:30**–10:20 | **GAC** | AADD 1 | Jon I. |
| **09:30**–10:20 | **Esquena sana** | AADD 2 | César Terg |
| **09:30**–10:20 | **Estudi Pilates** (€) | Estudi Pilates | Oriol M. |
| **10:30**–11:15 | **Functional Training** | Zona funcional | Oriol M. |
| **10:30**–11:20 | **Estudi Pilates** (€) | Estudi Pilates | César Terg |
| **10:30**–11:20 | **loga** | AADD 2 | Virginia Jacquet |
| **12:30**–13:20 | **Estudi Pilates** (€) | Estudi Pilates | César Terg |
| **13:40**–14:30 | **Cycling** | Sala Cycling | Pep A. |
| **15:20**–16:10 | **BodyPump™** | AADD 1 | Andrés V. |
| **15:30**–16:15 | **Aiguafit** | Piscina interior | Rosana |
| **16:15**–17:00 | **Functional Training** | Zona funcional | Edu Ramos |
| **17:10**–18:00 | **GAC** | AADD 1 | Edu Ramos |
| **17:30**–18:15 | **Curset natació** (€) | Piscina interior | Rosana |
| **18:10**–19:00 | **Zumba®** | AADD 1 | Yorgis G. |
| **18:10**–19:00 | **Pilates** | AADD 2 | Virginia Jacquet |
| **18:15**–19:00 | **Curset natació** (€) | Piscina interior | Rosana |
| **18:15**–19:00 | **Functional Training** | Zona funcional | Gabriel Cintas |
| **19:00**–19:45 | **Curset natació** (€) | Piscina interior | Rosana |
| **19:10**–20:00 | **loga** | AADD 2 | Virginia Jacquet |
| **19:15**–20:00 | **Functional Training** | Zona funcional | Andrés V. |
| **20:15**–21:00 | **Curset natació** (€) | Piscina interior | Rosana |

## Dissabte 14 de novembre — 12 SESSIONS

| | | | |
|---|---|---|---|
| **09:10**–10:00 | **BodyPump™** | AADD 1 | Víctor F. |
| **09:10**–10:00 | **Cycling** | Sala Cycling | Isaac Viniegra |
| **09:15**–10:00 | **Aiguagym** | Piscina interior | Mariona Salvany |
| **09:30**–10:15 | **Functional Training** | Zona funcional | Oriol M. |
| **10:10**–11:00 | **Cycling** | Sala Cycling | Isaac Viniegra |
| **10:10**–11:00 | **BodyPump™** | AADD 1 | Víctor F. |
| **10:15**–11:05 | **Estudi Pilates** (€) | Estudi Pilates | Oriol M. |
| **10:30**–11:15 | **Curset natació** (€) | Piscina interior | Mariona Salvany |
| **11:10**–12:00 | **BodyCombat™** | AADD 1 | Víctor F. |
| **11:15**–12:00 | **Curset natació** (€) | Piscina interior | Mariona Salvany |
| **11:15**–12:00 | **Functional Training** | Zona funcional | Isaac Viniegra |
| **12:00**–12:45 | **Curset natació** (€) | Piscina interior | Mariona Salvany |

## Diumenge 15 de novembre — 5 SESSIONS

| | | | |
|---|---|---|---|
| **09:10**–10:00 | **Cycling** | Sala Cycling | Joan Quintana |
| **09:30**–10:15 | **Functional Training** | Zona funcional | Mara Hernández |
| **10:10**–11:00 | **Cycling** | Sala Cycling | Joan Quintana |
| **10:30**–11:45 | **Functional Training** | Zona funcional | Edu Ramos |
| **19:15**–20:00 | **Aiguagym** | Piscina interior | Gabriel Cintas |

## Reserva la teva plaça

Escaneja el codi o entra a l'àrea privada del club per reservar i consultar canvis d'horari.

**Horari del club**
Dl–Dv 6:00–23:00
Ds, Dg i festius 8:00–21:30

**Contacte**
93 861 87 04 · 645 61 94 94
espaiwellness.com