

# HORARI D'ACTIVITATS DIRIGIDES

# Modolell Sports

## MATÍ

SALA	INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
FITNESS	7:10	7:25	QUEENAX		super FUNCTIONAL		QUEENAX		
SALA 2	7:30	8:20		BODYPUMP		BODYPUMP	MODOHIT		
SPINNING	7:30	8:15	SPINNING		SPINNING				
OUTDOOR	7:30	8:20				RUNNING			
PISCINA	7:30	8:15		AQUAWOD					
FITNESS	8:15	8:30	ABD 15'		ABD 15'		ABD 15'		
SALA 1	8:30	9:15		ESQUENA SANA	NEW VINYASA IOGA				
FITNESS	9:00	9:30					QUEENAX	super FUNCTIONAL	
SALA 1	9:30	10:20	HATHA IOGA			VINYASA IOGA	PILATES		
SALA 2	9:30	10:20	BODYCOMBAT	BODYBALANCE	ZUMBA	BODYPUMP	ZUMBA		
PISCINA	9:30	10:20	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS		
SPINNING	9:30	10:15	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING
FITNESS	10:15	10:30	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	10:30	11:20	PILATES		PILATES	STRETCHING	MODO MIND		
SALA 2	10:30	11:20	BODYPUMP	BODYPUMP	STEP	BODYBALANCE	GAP	BODYPUMP	STRETCHING
FITNESS	10:30	11:00	super FUNCTIONAL		QUEENAX				
SALA 2	11:30	12:20					ZUMBA		
SPINNING	11:30	12:15					SPINNING		
FITNESS	12:30	12:45					ABD 15'	ABD 15'	
FITNESS	13:30	14:00	QUEENAX	super FUNCTIONAL	QUEENAX	super FUNCTIONAL	QUEENAX		
SALA 2	14:15	15:05	BODYPUMP		TBC	super FUNCTIONAL BODYCOMBAT	BODYPUMP		
SPINNING	14:15	15:00		SPINNING		SPINNING			
FITNESS	15:00	15:15		ABD 15'		ABD 15			
SALA 1	15:15	16:05	PILATES		NEW VINYASA IOGA	PILATES			
SALA 2	15:15	16:10				BODYPUMP			
SPINNING	15:15	16:00	SPINNING		SPINNING				
FITNESS	15:30	16:00	super FUNCTIONAL		QUEENAX				
SALA 2	15:30	16:20		BODYBALANCE					

## TARDA

SALA	INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
SALA 1	17:15	18:00		HATHA IOGA		PILATES			
FITNESS	17:30	18:00	super FUNCTIONAL	QUEENAX	super FUNCTIONAL	QUEENAX	super FUNCTIONAL		
FITNESS	18:00	18:30						QUEENAX	super FUNCTIONAL
SALA 1	18:00	18:50		PILATES		HATHA IOGA			
SPINNING	18:00	18:45					SPINNING		
SALA 1	18:15	19:00	ESQUENA SANA		PILATES				
SALA 2	18:15	19:05	BODYPUMP				ZUMBA		
SPINNING	18:15	19:00	SPINNING			SPINNING			
SALA 2	18:30	19:20		BODYCOMBAT	GAP	BODYPUMP			
SPINNING	18:30	19:15		SPINNING	SPINNING				
PISCINA	18:30	19:25		AQUAFITNESS					
PISCINA	18:45	19:35	AQUAFITNESS			AQUACARDIO			
SALA 1	19:00	19:50	HATHA IOGA	BODYBALANCE	ESQUENA SANA	PILATES	PILATES		
SALA 3	19:00	19:50	NEW AERODANCE	NEW ZUMBA	NEW AERODANCE				
SPINNING	19:00	19:45					SPINNING		
SALA 2	19:15	20:05	BODYCOMBAT				BODYPUMP		
OUTDOOR	19:30	20:20		RUNNING					
SALA 2	19:30	20:20		BODYPUMP	BODYCOMBAT	MODOHIT			
SPINNING	19:30	20:15	SPINNING	SPINNING	SPINNING	SPINNING			
PISCINA	19:30	20:20					AQUAWOD		
SALA 1	20:00	20:50	BODYBALANCE	PILATES	BODYBALANCE	HATHA IOGA			
FITNESS	20:15	20:45	super FUNCTIONAL	QUEENAX	super FUNCTIONAL	QUEENAX	super FUNCTIONAL		
SALA 2	20:15	21:05	super FUNCTIONAL ZUMBA						
SALA 2	20:30	21:20			BODYPUMP	BODYCOMBAT			
SPINNING	20:30	21:15	SPINNING	SPINNING					
FITNESS	21:15	21:30	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'		
SALA 3	21:00	22:00		SALSA*intermedia					



\*Activitat de pagament. Les classes de Salsa s'iniciaran a l'octubre.

HORARI: De dilluns a divendres de 7:00h a 23:00h, dissabtes de 8:30h a 20:30h i diumenges de 8:30h a 14h i de 17h a 20:30h.

Festius de 8:30h a 14:00h · info@modolellsports.es · 93 177 28 72

La direcció es reserva el dret de modificar els horaris segons les necessitats del club.



ACTIVITATS MODO MIND

ACTIVITATS MODO FITNESS

ACTIVITATS MODO EXPRESS

ACTIVITATS MODO SENIOR

ACTIVITATS MODO SPINNING

ACTIVITATS MODO RUNNING

ACTIVITATS MODO BAILE

ACTIVITATS MODO AGUA