

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
<b>MATÍ</b>									
07.15	08.00	P	AIGUA MIX Petita		AIGUA MIX Gran		AIGUA MIX Petita		
07.15	08.00	S2		ESQUEJENA SANA					
07.15	08.00	S3		BODY COMBAT		BODY PUMP	IOGA		
07.15	08.00	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
08.00	08.45	S3			TONIFICACIO				
08.15	09.00	S1		PILATES					
08.15	09.00	S3					ESQUEJENA SANA		
08.15	09.00	P		AIGUA MIX Gran		AIGUA MIX Petita			
08.30	09.15	SC						CYCLING VIRTUAL	
09.00	09.45	S2			GYM D'OR TONO				
09.00	09.45	S3						BODY PUMP	
09.00	09.45	SC	CYCLING		CYCLING		CYCLING		
09.15	10.00	S1				EST.HOLÍSTICS			
09.15	10.00	S2	GYM D'OR CTC	ESQUEJENA SANA					
09.15	10.00	S3	BODY PUMP	GLAMDANCE	BODY COMBAT	ZUMBA	BODY PUMP		
09.15	10.00	P	AIGUA MIX Petita		AIGUA MIX Petita		AIGUA MIX Gran		
09.30	10.15	SC		CYCLING		CYCLING			CYCLING VIRTUAL
10.00	10.15	SF	ABDOMINALS 15		ABDOMINALS 15		ABDOMINALS 15	ABDOMINALS 15	
10.00	10.45	S2			PILATES				
10.00	10.45	S3						ZUMBA	
10.00	10.45	SC						CYCLING VIRTUAL	
10.15	11.00	S1	IOGA	PILATES	IOGA				
10.15	11.00	S2	GAC			BODY COMBAT			
10.15	11.00	S3	ZUMBA	ZUMBA	BODY PUMP	ESQUEJENA SANA	ZUMBA		
10.15	11.00	P	AIGUA MIX Gran		AIGUA MIX petita				
10.30	10.45	SF		ABDOMINALS 15		ABDOMINALS 15			
10.30	11.15	SC	CYCLING VIRTUAL		CYCLING VIRTUAL				
10.30	11.15	P				AIGUA MIX Gran			
10.45	11.00	SF						ABDOMINALS 15	
11.00	11.15	SF	ABDOMINALS 15		ABDOMINALS 15		ABDOMINALS 15		
11.00	11.45	S2		CTC	GAC				
11.00	11.45	S3						ESQUEJENA SANA	
11.00	11.45	SC		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
11.15	12.00	S1	PILATES		EST.HOLÍSTICS				
11.15	12.00	S2				PILATES			
11.15	12.00	S3	ESQUEJENA SANA		ESQUEJENA SANA				
11.15	12.00	P		AIGUA MIX Gran					
11.30	12.15	SC						CYCLING VIRTUAL	
11.45	12.30	S3					EST.HOLÍSTICS		
12.00	12.45	SC	CYCLING VIRTUAL		CYCLING VIRTUAL				
12.15	13.00	S3		EST.HOLÍSTICS	IOGA				
12.15	12.30	SF		ABDOMINALS 15		ABDOMINALS 15			
12.30	13.15	P						AIGUA MIX Gran	
12.30	13.15	S1					IOGA		
12.30	13.15	SC		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
13.00	13.45	SC	CYCLING VIRTUAL		CYCLING VIRTUAL			CYCLING VIRTUAL	
<b>MIGDIA</b>									
14.00	14.45	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
14.15	15.15	S1		IOGA					
14.15	15.00	S2	ZUMBA		ZUMBA				
14.15	15.00	S3	BODY PUMP	BODY COMBAT	BODY PUMP		TONIFICACIÓ		
14.30	15.15	SC						CYCLING VIRTUAL	
14.45	15.00	SF		ABDOMINALS 15		ABDOMINALS 15			
<b>TARDA</b>									
15.00	15.00	SF	ABDOMINALS 15		ABDOMINALS 15		ABDOMINALS 15		
15.15	16.00	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
15.15	16.00	P	AIGUA MIX Petita		AIGUA MIX Petita		AIGUA MIX Petita		
15.15	16.00	S1			PILATES				
15.15	16.00	S3		TONIFICACIÓ		GAC			
16.00	16.15	SF	ABDOMINALS 15		ABDOMINALS 15		ABDOMINALS 15		
16.00	16.45	SC						CYCLING VIRTUAL	
16.15	17.00	S2	BODY COMBAT						
16.15	17.00	S3				ZUMBA			
16.30	17.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
17.00	17.45	S3	TONIFICACIÓ	GAC			ESQUEJENA SANA		
17.15	18.00	S1			IOGA				
17.30	18.15	SC		CYCLING JUNIOR					
17.30	18.15	S1				ZUMBA KIDS			
17.30	18.15	S2					RADIKAL KIDS		
17.45	18.30	SC				CYCLING VIRTUAL			
18.00	18.45	S1					PILATES		
18.00	18.45	S2	GAC			BODY COMBAT			
18.00	18.45	S3				BODY PUMP	BODY COMBAT		
18.15	19.00	S1			ESQUEJENA SANA				
18.15	19.00	S2		PILATES	PILATES				
18.30	19.15	SC	CYCLING		CYCLING				
18.30	19.15	S2					BODY PUMP		
18.30	19.15	S3	ZUMBA	BODY COMBAT	ZUMBA				
19.00	19.45	S2	BODY PUMP						
19.00	19.45	S3				STEP	ZUMBA		
19.15	19.30	SF	ABDOMINALS 15	ABDOMINALS 15	ABDOMINALS 15	ABDOMINALS 15	ABDOMINALS 15		
19.15	20.00	S1	IOGA		IOGA	IOGA			
19.30	20.30	SF/OU	RUNNERS						
19.15	20.00	P		AIGUA MIX Petita		AIGUA MIX Petita			
19.30	20.15	S2		BODY PUMP	GAC				
19.30	20.15	S3	BODY COMBAT		AERÒBIC				
19.30	20.15	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
20.00	20.45	S3				ZUMBA			
20.15	21.00	P	AIGUA MIX Petita		AIGUA MIX Petita				
20.15	21.00	S1	PILATES			PILATES			
20.15	21.00	S3		ZUMBA					
20.30	21.15	S2			TONIFICACIÓ				
20.30	20.45	SF	ABDOMINALS 15	ABDOMINALS 15	ABDOMINALS 15	ABDOMINALS 15	ABDOMINALS 15		
20.30	21.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
21.00	21.45	S3							



ESPAIS S1 SALA 1 SC SALA CYCLING S2 SALA 2 P PISCINA S3 SALA 3 SF SALA FITNESS OU EXTERIOR