

DILLUNS

DIMARTS

DIMECRES

DIJOUS

DIVENDRES

DISSABTE

7:30 a
8:00

	CYCLING EXPRESS SALA C		CYCLING EXPRESS SALA C	
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9:00 a
10:00

BODY PUMP SALA 2

8:00 a
9:00

BODY BALANCE SALA 1	BOSSU SALA 1	CYCLING SALA C	GLOBAL TRAINING SALA 2	STRETCHING SALA 1
CROSS 8:15 / SALA 2	GLOBAL TRAINING SALA 2	BODY BALANCE SALA 1	PILATES SALA 1	CROSS 45' 8:15 / SALA 2

BODY MIND SALA 1

10:00 a
11:30

ACTIVITY KIDS DE 4 A 6 ANYS

9:15 a
10:15

GLOBAL TRAINING SALA 2	CYCLING SALA C	CORE/STRETCHING SALA 1	CYCLING SALA C	BOSSU SALA 2
PILATES MATERIAL SALA 1	SENIOR TRAINING SALA 2	CROSS 45' SALA 2	GAC 30' - SALA 1 HIPOPRESSIUS 30' - S1	PILATES SALA 1
	BOSSU 30' - SALA 1 HIPOPRESSIUS 30' - S1		HATHA IOGA SALA POLIVALENT	
	HATHA IOGA SALA POLIVALENT			

10:00 a
11:00

GLOBAL TRAINING SALA 2
BODY BALANCE SALA 1

10:15 a
11:15

CYCLING SALA C	AQUAFIT PISCINA	SENIOR TRAINING SALA 1	AQUAFIT PISCINA	CYCLING SALA C
GAC SALA 2	GLOBAL TRAINING SALA 2	GAC SALA 2	BODY PUMP SALA 2	SENIOR TRAINING SALA 1
HATHA IOGA SALA POLIVALENT	STRETCHING SALA 1		TAI-TXI SALA POLIVALENT	

11:00 a
12:00

CYCLING SALA C
ZUMBATONIC SALA 2

11:30 a
13:00

GLOBAL TRAINING JUNIOR SALA 1

12:00 a
13:00

CROSS 45' SALA 2

11:15 a
12:15

AQUAFIT PISCINA	BODY PUMP SALA 2	AQUAFIT PISCINA	HIPOPRESSIUS 30' - S1	AQUAFIT PISCINA
ZUMBA SALA 2		ZUMBA SALA 2	GLOBAL TRAINING SALA 2	
STRETCHING SALA POLIVALENT				

13:15 a
14:15

	ZUMBA SALA 2	GLOBAL TRAINING SALA 2	GAC SALA 2	
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14:15 a
15:15

BOXING WORKOUT SALA 1	CORE/STRETCHING SALA 1	CYCLING SALA C	CORE/STRETCHING SALA 1	CROSS 45' (14:30) SALA 2
CYCLING SALA C	BODY PUMP SALA 2	PILATES SALA 1	CROSS 45' SALA 2	

15:15 a
16:15

	CROSS 45' SALA 2		BODY PUMP SALA 2	
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17:30 a
18:30

PILATES SALA 1	ZUMBA SALA 2	BODY BALANCE SALA 1	STEP SALA 2	BODY PUMP SALA C
GLOBAL TRAINING SALA 2	CYCLING SALA C	GLOBAL TRAINING SALA 2	CYCLING SALA C	
DANCE KIDS SALA PO		DANCE KIDS SALA PO		
	HIPOPRESSIUS 18:00 - S1			

18:30 a
19:30

CYCLING SALA C	PILATES SALA 1	ZUMBA SALA 1	BODY BALANCE SALA 1	GAC SALA 2
GAC SALA 2	GLOBAL TRAINING SALA 2	BODY PUMP SALA 2	GLOBAL TRAINING SALA 2	
DANCE TEENS SALA PO	CORE/STRETCHING SALA PO	DANCE TEENS SALA PO	AQUAJÚNIOR PISCINA	
GLOBAL TRAIN. JR SALA 1		AQUACROSS 30'		

19:30 a
20:30

IOGA DINÀMIC SALA POLIVALENT	HATHA IOGA SALA POLIVALENT	CROSS 45' SALA 2	HATHA IOGA SALA POLIVALENT	AQUAFIT PISCINA
ZUMBA SALA 1	CYCLING SALA C	PILATES RAQUETA SALA 1	CYCLING SALA C	CORE/STRETCHING SALA 2
CROSS 45' SALA 2	BODY PUMP SALA 2	AQUAFIT PISCINA	GAC 30' - SALA 1 HIPOPRESSIUS 30' - S1	
	HIPOPRESSIUS 30' - S1			

20:30 a
21:30

BOXING WORKOUT SALA 2	CROSS 45' SALA 2	IOGA DINÀMIC SALA 1	BOXING WORKOUT SALA 2	
CORE/STRETCHING SALA 1			HIPOPRESSIUS 30' - S1	

AQUÀTIQUES

CARDIO

TONO

COSIMENT

INFANTIL

★ PREMIUM ★

SALA 1 - S1

SALA 2 - S2

POLIVALENT

CYCLING

PISCINA