

HORARI D'ACTIVITATS DIRIGIDES
fins el 29 de juliol



			DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
Inici	Final	Sala					
07:15	07:45	Sala 1					CORE/HIIT
07:15	08:00	Sala 2	CYCLING			CYCLING	
07:15	08:00	Piscina		AIGUAGIM			
07:15	08:00	Sala 1			BODYPUMP		
08:10	09:05	Sala 1		BALANCE			
08:15	09:00	Piscina	AIGUAGIM		AIGUAGIM		AIGUAGIM
08:15	09:10	Sala 1				PILATES	
08:30	08:45	Sala Fitnes		ABDOMINALS		ABDOMINALS	
08:30	09:25	Sala 1	C. PILATES		ZUMBA		BP EXPRES
09:15	10:00	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM
09:15	10:00	Sala 2		CYCLING		CYCLING	
09:30	09:45	Sala Fitnes	ABDOMINALS		ABDOMINALS		ABDOMINALS
09:30	10:25	Sala 1			CTC		
09:30	10:25	Sala 1	BODYPUMP				COMBAT
10:15	11:10	Sala 1		CTC/HIIT		BODYPUMP	
10:30	11:00	Sala 1	CORE				CORE
10:30	11:15	Sala 2			CYCLING		
13:30	14:25	Sala 1	BODYPUMP				
13:45	14:30	Sala 2				PILATES	
13:30	14:15	Sala 1				E. FUNCIONAL	
13:45	14:30	Ext/Sala 1		E. FUNCIONAL			
15:15	16:00	Piscina		AIGUAGIM		AIGUAGIM	
15:15	16:00	Sala 2		CYCLING			
15:30	16:15	Sala 2				CYCLING	
15:15	16:10	Sala 1	HIIT		BODYPUMP		SH' BAM
16:15	17:00	Sala 1		C. PILATES		CTC	
17:15	17:45	Sala 1			CORE		
17:15	18:00	Sala 1	ZUMBA FAMILY				
17:30	18:25	Sala 1					SH'BAM
17:30	18:15	Sala 2	CYCLING			CYCLING	
18:00	18:45	Sala 2		CYCLING	CYCLING		
18:00	18:55	Sala 1		CTC	CTC		
18:00	19:00	Sala 1	PILATES				
18:15	19:10	Sala 1				ZUMBA	
18:30	19:00	Sala 1					CORE
18:30	19:15	Sala 2				CYCLING	CYCLING
19:00	19:45	Sala 2	CYCLING	CYCLING	CYCLING		
19:00	19:55	Sala 1	SH'BAM	BODYPUMP	PILATES		
19:15	20:10	Sala 1				COMBAT	BODY PUMP
19:30	20:15	Piscina		AIGUAGIM		AIGUAGIM	AIGUAGIM
19:30	20:15	Sala 2				CYCLING	
19:30	20:30	Ext					RUNNING