

			DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
Inici	Final	Sala					
7:15	8:00	Sala 2	CYCLING			CYCLING	
7:15	7:45	sala 1					CORE/HIIT
7:15	8:00	Sala 1			BODYPUMP		
8:10	9:05	Sala 1		BALANCE			
8:15	9:00	Piscina					AIGUAGIM
8:15	9:10	Sala 1				PILATES	
8:30	9:25	Sala 1			ZUMBA		BP EXPRES
9:15	10:00	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
9:15	10:00	Sala 2				CYCLING	
9:30	10:25	Sala 1			CTC		
9:30	10:25	Sala 1	BODYPUMP				COMBAT
10:15	11:10	Sala 1		CTC/HIIT		BODYPUMP	
10:30	11:00	Sala 1	CORE				CORE
15:15	16:00	Piscina				AIGUAGIM	
15:15	16:00	Sala 2		CYCLING			
15:15	16:10	Sala 1	HIIT		BODYPUMP		SH' BAM
17:00	17:45	Sala 2					
17:15	18:00	Sala 1	ZUMBA FAMILY				
17:30	18:25	Sala 1					SH'BAM
17:30	18:15	Sala 2	CYCLING				
18:00	18:45	Sala 2					CYCLING
18:15	19:00	Sala 2		CYCLING	CYCLING		
18:00	18:55	Sala 1		CTC	CTC		
18:00	18:55	Sala 1	PILATES				
18:15	19:10	Sala 1				ZUMBA FAMILY	
18:30	19:15	Sala 2	CYCLING				
19:00	19:45	Sala 2				CYCLING	
19:15	20:00	Sala 2		CYCLING			
19:00	20:00	Sala 1	SH'BAM		BALANCE		BODY PUMP
19:15	20:10	Sala 1		BODYPUMP		COMBAT	
19:30	20:15	Piscina		AIGUAGIM		AIGUAGIM	
20:15	21:10	Sala 1					BALANCE
20:15	21:10	Sala 1				BODYPUMP	
20:15	20:45	Sala 1		CORE			
20:15	21:00	Sala 2			CYCLING		
20:30	21:15	Piscina	AIGUAGIM		AIGUAGIM		
20:45	21:45	Sala 1		PILATES			