

		Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07:15 - 08:00	PS				AQUAPILATES			
	SC		CYCLING					
	S2	DUET CAMP		BODYPUMP				
	EXT					DUET RUNNERS		
07:30 - 08:15	PS	AIGUAGIM						
08:00 - 08:50	SALA 4	IOGA						
08:30 - 09:15	PG	AIGUAGIM A.P.		AIGUAGIM A.P.		AIGUAGIM A.P.		
08:30 - 09:20	SALA 4		QIGONG	TAI-TXI	QIGONG	TAI-TXI		
	S2	TONIFICACIÓ	ZUMBA	PILATES	ZUMBA	CTC		
08:45 - 09:30	PG		AIGUAGIM A.P.		AIGUAGIM A.P.			
09:30 - 09:55	S2		CARDIO HIIT 25'					
09:30 - 10:15	SC	CYCLING		CYCLING		CYCLING	CYCLING	
09:30 - 10:20	SALA 4	TAI-TXI						
	S2	CTC		ZUMBA	BODYPUMP			
	S1				BODY BALANCE			
09:30 - 11:15	EXT			CAMINATA				
10:00 - 10:50	S2		TONIFICACIÓ 25'					
10:30 - 11:20	S2	IOGA	PILATES	IOGA	ESQUENA SANA	BODYPUMP	BODYPUMP	
	S1				ZUMBA			
11:30 - 12:20	S2	STEP	BODYPUMP	GAC 50'				
	S2	IOGA		GIM SUAU	IOGA	BODY BALANCE		
	SALA 4		IOGA					
11:30 - 12:30	S1	TONIFICACIÓ						
	S2						ZUMBA	
12:30 - 13:20	S2		ESQUENA SANA		PILATES			
13:30 - 14:15	S3			ZUMBA				
14:30 - 14:55	S2			HBX boxing				
14:30 - 15:20	S2			CARDIO HIIT 25'				
15:00 - 15:25	S2	DUET CAMP	BODYPUMP		DUET CAMP			
15:30 - 16:20	S2			TONIFICACIÓ 25'				
16:45 - 17:30	S2	BODYPUMP	IOGA	ZUMBA	IOGA			
	PG	AIGUAGIM A.P.		AIGUAGIM A.P.	AIGUAGIM A.P.			
17:00 - 17:50	PS		AQUAIOGA					
	S2	BODYPUMP	ZUMBA		BODYPUMP	IOGA		
	SALA 4	TAI-TXI		QIGONG	IOGA			
17:30 - 17:55	S1	CTC 25'			ZUMBA 25'	BODYPUMP 25'		
18:00 - 18:15	SC				CYCLING			
18:00 - 18:25	SF		DUET WALKING 25'					
18:00 - 18:45	SC		CYCLING			CYCLING		

18:00 - 18:50	SALA 4	IOGA	IOGA	IOGA	ESQUENA SANA			
	S2	ZUMBA	BODYPUMP	CARDIO HIIT	BODY COMBAT			
18:15 - 19:00	S3	HBX boxing			HBX boxing			
	SC	CYCLING		CYCLING				
18:30 - 19:20	S1	STEP INICIACIO	GAC 50'					
18:45 - 19:30	S3			HBX boxing				
19:00 - 19:45	EXT				DUET RUNNERS			
	SC		CYCLING		CYCLING			
19:00 - 19:50	SALA 4	IOGA	ESTIRAMENTS	IOGA	PILATES			
	S2	BODYPUMP	BODY COMBAT	ZUMBA	CTC	BODYPUMP		
	S1					STEP		
	PG	DUET SWIMMERS						
19:00 - 20:15	EXT		DUET RUNNERS					
19:15 - 20:00	S3	HBX boxing	HBX boxing					
	SC	CYCLING		CYCLING				
19:30 - 20:20	S1	DUET CAMP		PILATES	BODYPUMP			
	SC		GLAM DANCE					
20:00 - 20:45	PG		AIGUAGIM A.P.		AIGUAGIM A.P.			
	SC		CYCLING		CYCLING			
20:00 - 20:50	S2	BODY COMBAT	BODY BALANCE	DUET CAMP	GAC 50'	ZUMBA		
	S1					BODY BALANCE		
	SALA 4	ESQUENA SANA			IOGA			
20:15 - 21:00	S3		HBX boxing					
	SC	CYCLING		CYCLING				
20:30 - 21:20	S1	PILATES	PILATES	BODY COMBAT				
21:00 - 21:45	S3	HBX boxing						
21:00 - 21:50	S2	GAC 50'		BODYPUMP	BODY BALANCE			