

A partir del 5 de setembre

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	HORA	DISSABTE
8:00 H	GLOBAL FIT *	PILATES **		GLOBAL STRETCH *	GLOBAL FIT *	9:15 H	AIGUAGYM *
9:15 H	INTERVAL ***		IOGA *	PILATES **	TONO **	10:15 H	INTERVAL ***
10:15 H		AIGUAGYM *	AIGUAGYM *				
		BODY GYM **	ZUMBA **				
	AIGUAGYM *			AIGUAGYM *	AIGUAGYM *		
11:15 H	ZUMBA **		PILATES **	HIPOPRESSIUS *			
15:15 H	INTERVAL ***	PILATES **	TONO **	BODY GYM **	ZUMBA **		
15:20 H		AIGUAGYM *		AIGUAGYM *			
17:00 H	IOGA *	ZUMBA **	PILATES **	STEP **	TONO **		
17:15 H	GAC 30 MINUTS EXTERIOR **		GAC 30 MINUTS EXTERIOR **				
18:00 H	BODY GYM **	HIPOPRESSIUS *	ZUMBA EXTERIOR **	PILATES **	STEP ZUMBA INICIACIÓ **		
	GLOBAL FIT EXTERIOR *	INTERVAL EXTERIOR ***	ENTRENAMENT FORÇA ***	CARDIOGYM EXTERIOR ***			
19:00 H	PILATES **	STEP **	PILATES **	GLOBAL FIT *			
	CYCLING ***	GAC 30 MINUTS EXTERIOR **	AQUAFIT **	INTERVAL EXTERIOR ***	AQUAZUMBA **		
20:00 H	ZUMBA **	BODY GYM **	IOGA **	ENTRENAMENT FORÇA ***			
		AIGUAGYM **	GAC 30 MINUTS EXTERIOR **				
21:00 H	TONO **		BODY GYM **				