

A partir del 5 de setembre

Intensitat Baixa* Intensitat Mitja** Intensitat Alta***

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 ***	AIGUAGYM *	IOGA *	9:10H - PILATES **	TONO **	10:15 H	INTERVAL ***
10:00 H				AIGUAGYM *			
10:15 H		BODY GYM ***	ZUMBA **				
	AIGUAGYM *						AIGUAGYM *
11:15 H	ZUMBA **		PILATES **	HIOPRESSIUS *			
15:15 H	INTERVAL ***	PILATES **	TONO **	AIGUAGYM *	ZUMBA **		
15:20 H		AIGUAGYM *		BODY GYM ***			
17:00 H	IOGA RESTAURATIU *	ZUMBA **	PILATES **	STEP **	TONO **		
17:15 H	GAC 30 MINUTS EXTERIOR **		GAC 30 MINUTS EXTERIOR **				
18:00 H	BODY GYM ***	HIOPRESSIUS *	ZUMBA EXTERIOR **	PILATES **	STEP ZUMBA INICIACIÓ **		
	GLOBAL FIT EXTERIOR *	INTERVAL EXTERIOR ***	ENTRENAMENT FORÇA ***	GLOBAL TRAINING EXTERIOR **			
19:00 H	PILATES **	GAC 30 MINUTS **	PILATES **	GLOBAL FIT *			
	CYCLING ***	STEP EXTERIOR **	AQUAFIT **	INTERVAL EXTERIOR ***	AQUAZUMBA **		
20:00 H	ZUMBA **	BODY GYM ***	IOGA HATHA-VINYASA **	ENTRENAMENT FORÇA ***			
		AQUAFIT **	GAC 30 MINUTS EXTERIOR **				
21:00 H	TONO **		BODY GYM ***				