

ACTIVITATS DIRIGIDES PRESENCIALS

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

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	HORA	DISSABTE
8:00 H	GLOBAL FIT *	PILATES **		PILATES **	GLOBAL FIT *	9:15 H	AIGUAGYM *
9:15 H	INTERVAL ***	AIGUAGYM *	IOGA *	ZUMBA **	AIGUAGYM *	12:15 H	INTERVAL ***
9:15 H			AIGUAGYM *				
10:15 H	AIGUAGYM *	BODY GYM **	TONO **	AIGUAGYM *	PILATES **		
11:15 H	ZUMBA **	CARDIOGYM ***	PILATES **	HIPOPRESIUS *	TONO **		
15:15 H	TONO **	AIGUAGYM *	INTERVAL ***	ZUMBA **	BODY GYM **		
17:00 H	IOGA *	ZUMBA **	TONO **	STEP BÀSIC **	CARDIOBOX ***		
17:00 H	CYCLING ***			OUTDOOR FIT **			
18:00 H	BODY GYM **	PILATES **	BODY GYM **	TONO **	ZUMBA **		
18:00 H		CYCLING ***		AIGUAGYM *			
19:00 H	GLOBAL FIT *	STEP BÀSIC **	CARDIOGYM ***	INTERVAL ***	IOGA *		
19:00 H		AIGUAGYM *		CYCLING ***	CYCLING ***		
20:00 H	ZUMBA **	BODY GYM **	IOGA *	PILATES **	INTERVAL ***		
20:00 H			AQUAFIT **				