

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 *	TONO **	PILATES **	12:15 H	INTERVAL ***
9:15 H			AIGUAGYM *				
10:15 H	AIGUAGYM *	BODY GYM **	ZUMBA **	AIGUAGYM *	AIGUAGYM *		
11:15 H	ZUMBA **	CARDIOGYM ***	PILATES **	HIPOPRESIUS *	INTERVAL ***		
15:15 H	TONO **	PILATES **	INTERVAL ***	ZUMBA **	BODY GYM **		
15:15 H		AIGUAGYM *					
17:00 H	IOGA *	ZUMBA **	TONO **	STEP BÀSIC **	CARDIOBOX ***		
17:00 H	CYCLING ***			RUNNING **			
18:00 H	BODY GYM **	INTERVAL ***	CARDIOGYM ***	PILATES **	TONO **		
18:00 H		CYCLING ***		CYCLING ***			
19:00 H	GLOBAL FIT *	STEP BÀSIC **	PILATES **	INTERVAL ***	IOGA *		
19:00 H		AIGUAGYM *		AQUAFIT **	CYCLING ***		
20:00 H	ZUMBA **	BODY GYM **	IOGA *	GLOBAL FIT *			
20:00 H			AQUAFIT **				
21:00 H	TONO **		BODY GYM **	CARDIOGYM ***			