

### DIRIGIDES - SALA 2

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15	08.10	2	BODYPUMP VIRTUAL	CUL 10 VIRTUAL	IOGA VIRTUAL	D-MOVE VIRTUAL	TONIFICA'T VIRTUAL
08.15	09.10	2	IOGA VIRTUAL	D-TOTAL BODY VIRTUAL	CUL 10 VIRTUAL	PILATES VIRTUAL	D-MOVE VIRTUAL
09.30	10.25	2	CUL10/ZUMBA	PILATES	BODY PUMP	CUL 10 VIRTUAL	CUL 10 VIRTUAL
10.15	11.10	2				TONIFICA'T	MOBILITY
10.30	11.25	2		D-TOTAL BODY VIRTUAL	ZUMBA / CUL10		
10.30	11.45	2	IOGA DIR				
11.15	12.10	2		BODYPUMP VIRTUAL	IOGA VIRTUAL	TONIFICA'T VIRTUAL	D-TOTAL BODY VIRTUAL
12.15	13:10	2	PILATES VIRTUAL	TONIFICA'T VIRTUAL	BODYPUMP VIRTUAL	CUL 10 VIRTUAL	IOGA VIRTUAL
13:15	14:10	2	D-TOTAL BODY VIRTUAL	BODYPUMP VIRTUAL	PILATES VIRTUAL	IOGA VIRTUAL	CUL 10 VIRTUAL
14:15	15:10	2	ZUMBA / CUL10	D-TOTAL BODY VIRTUAL	BODY PUMP	PILATES VIRTUAL	TONIFICA'T VIRTUAL
15:15	16:10	2	BODYPUMP VIRTUAL	TONIFICA'T VIRTUAL	IOGA VIRTUAL	D-MOVE VIRTUAL	D-TOTAL BODY VIRTUAL
16:15	17:10	2	TONIFICA'T VIRTUAL	IOGA VIRTUAL	BODYPUMP VIRTUAL	TONIFICA'T VIRTUAL	CUL 10 VIRTUAL
17:15	18:10	2	IOGA VIRTUAL	D-MOVE VIRTUAL	CUL 10 VIRTUAL	PILATES VIRTUAL	ZUMBA
18:15	19:10	2	IOGA DIR	BODY PUMP	CUL10/ZUMBA	CROSS DIR	BODY PUMP
19:15	20:10	2	BODY PUMP	ZUMBA	APRIMA'T	IOGA Dharma I - II	PILATES VIRTUAL
20:15	21:10	2	D-TOTAL BODY	IOGA Vinyasa I	BODY PUMP	D-MOVE VIRTUAL	CUL 10 VIRTUAL
21:15	22:10	2	PILATES VIRTUAL	D-MOVE VIRTUAL	IOGA VIRTUAL	TONIFICA'T VIRTUAL	TONIFICA'T VIRTUAL

INICI	FI	SALA	DISSABTE
09.15	10.10	2	IOGA VIRTUAL
10.15	11.10	2	CUL 10 VIRTUAL
11.15	12.10	2	ZUMBA
12:15	13:10	2	BODY PUMP
13:15	14:10	2	PILATES VIRTUAL

### SPINDIR - SALA 3

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.30	08.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
08.30	09.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
09.30	10.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR	SPINDIR VIRTUAL
10.15	11.00	3		SPINDIR		SPINDIR VIRTUAL	
10.30	11.15	3	SPINDIR VIRTUAL		SPINDIR VIRTUAL		SPINDIR VIRTUAL
11.30	12.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
12.30	13.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
13.30	14.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
14.30	15.15	3	SPINDIR VIRTUAL	SPINDIR	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
15.30	16.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
16.30	17.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
17.30	18.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
18.30	19:15	3	FULLBODYCYCLE	SPINDIR	SPINDIR	SPINDIR	SPINDIR VIRTUAL
19.30	20:15	3	SPINDIR	SPINDIR	SPINDIR	SPINDIR	SPINDIR
20.30	21:15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
21.30	22:15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL

INICI	FI	SALA	DISSABTE
09.15	10.00	3	SPINDIR VIRTUAL
10.15	11.00	3	SPINDIR VIRTUAL
11.15	12.00	3	SPINDIR
12:15	13.00	3	SPINDIR VIRTUAL

### BOXA

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
14.30	15.25	1				BOXA OLÍMPICA	
15.00	15.55	1					BOXA OLÍMPICA
18.15	19.10	1	BOXA OLÍMPICA				
19.15	20.10	1			BOXA OLÍMPICA		
20.15	21.10	1		BOXA OLÍMPICA		BOXA OLÍMPICA	

- COREOGRAFIA DE NIVELL ALT
- COREOGRAFIA DE NIVELL MIG
- COREOGRAFIA DE NIVELL BÀSIC
- SENSE COREOGRAFIA D'INTENSITAT ALTA
- SENSE COREOGRAFIA D'INTENSITAT MITJANA
- SENSE COREOGRAFIA D'INTENSITAT BAIXA
- COS I MENT, SENSE COREOGRAFIA I INTENSITAT MITJANA
- COS I MENT, SENSE COREOGRAFIA I INTENSITAT BAIXA
- AQUÀTICS
- SÈNIORS
- EXTERIOR

