

DIRIGIDES - SALA 2

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15	08.10	BODY PUMP VIRTUAL	CUL 10 VIRTUAL	IOGA VIRTUAL	D-TOTAL BODY VIRTUAL	TONIFICA'T VIRTUAL
08.15	09.10	IOGA VIRTUAL	D-TOTAL BODY VIRTUAL	CUL 10 VIRTUAL	PILATES VIRTUAL	D-MOVE VIRTUAL
09.15	10.10	ZUMBA	MIND BODY	CUL10 / UPPERBODY	BODY PUMP	PILATES VIRTUAL
10.15	11.10	MOBILITY	TONIFICA'T	ZUMBA / CUL10	PILATES	D-TOTAL BODY VIRTUAL
11.15	12.10	D-MOVE VIRTUAL	CUL 10 VIRTUAL	PILATES VIRTUAL	D-MOVE VIRTUAL	CUL 10 VIRTUAL
12.15	13.10	PILATES VIRTUAL	TONIFICA'T VIRTUAL	BODY PUMP VIRTUAL	CUL 10 VIRTUAL	IOGA VIRTUAL
13.15	13.45	CUL 10 VIRTUAL	ABDOMINALS VIRTUALS	D-MOVE VIRTUAL	CUL 10 VIRTUAL	ABDOMINALS VIRTUAL
13.45	14.15	CUL 10 30'	CUL10 VIRTUAL	APRIMA'T 30'	ABDOMINALS VIRTUAL	ANIMAL FIT
14.15	15.10	TOTAL HIIT	D-MOVE VIRTUAL	PILATES	BODY PUMP VIRTUAL	TONIFICA'T
15.15	16.45	D-MOVE VIRTUAL	PILATES VIRTUAL	BODY PUMP VIRTUAL	D-TOTAL BODY VIRTUAL	CUL10 VIRTUAL
16.15	17.10	MIND BODY VIRTUAL	TONIFICA'T VIRTUAL	CUL 10 VIRTUAL	TONIFICA'T VIRTUAL	D-MOVE VIRTUAL
17.15	18.10		IOGA VIRTUAL		IOGA VIRTUAL	IOGA VIRTUAL
17.30	18.10	TONIFICA'T		PILATES		
18.15	19.10	PILATES	ZUMBA	APRIMA'T	BODY PUMP	BODY PUMP VIRTUAL
19.15	20.10	BODY PUMP	APRIMA'T	CUL 10 / ABD	ZUMBA	MIND BODY
20.15	21.10	CUL10 / ZUMBA	PILATES	BODY PUMP	MOBILITY	CUL10 VIRTUAL
21.15	22.10	PILATES VIRTUAL	D-MOVE VIRTUAL	IOGA VIRTUAL	TONIFICA'T VIRTUAL	DIR DANCE VIRTUAL

INICI	FI	DISSABTE
09.15	10.10	CUL 10 VIRTUAL
10.15	11.10	PILATES
11.15	12.10	BODY PUMP
12.15	13.10	ZUMBA
13.15	14.10	PILATES VIRTUAL

SPINDIR - SALA 3

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.30	08.15	SPINDIR VIRTUAL	SPINDIR	SPINDIR VIRTUAL	SPINDIR	SPINDIR VIRTUAL
08.15	09.00	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
09.15	10.00	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
10.15	11.00	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
11.15	12.00	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
12.15	13.00	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
13.30	14.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
14.30	15.15	SPINDIR VIRTUAL	SPINDIR	SPINDIR VIRTUAL	SPINDIR	SPINDIR VIRTUAL
15.30	16.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
16.30	18.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
17.30	18.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
18.30	19.15	SPINDIR VIRTUAL	FULLBODYCYCLE	SPINDIR VIRTUAL	SPINDIR	SPINDIR VIRTUAL
19.30	20.15	FULLBODYCYCLE	SPINDIR	SPINDIR	SPINDIR	SPINDIR VIRTUAL
20.30	21.15	SPINDIR	SPINDIR VIRTUAL	SPRINT30'	SPINDIR VIRTUAL	SPINDIR VIRTUAL

INICI	FI	SALA	DISSABTE
09.15	10.00	3	SPINDIR VIRTUAL
10.30	11.15	3	SPINDIR
11.30	12.15	3	SPINDIR VIRTUAL
12.30	13.15	3	SPINDIR VIRTUAL

- 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

PATROCINA

