

SALA 1	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
9:30h - 10:15h	BODYPUMP	Hipos+Esq.Sana		Aprima't 30'	
10:30h - 11:15h	Pilates	zumba	loga	zumba	
14:15h - 15:00h	Cul 10/ zumba	BODYPUMP	Pilates/ hipos	Aprima't	
16:00h - 16:45h			zumba	BODYPUMP	
18:15h - 19:00h	BODYPUMP	Tonifica't	Pilates/ hipos	zumba	
19:15h - 20:00h	Pilates	BODYPUMP	Cul 10/ zumba	loga	
20:15h - 21:00h	BODYPUMP	zumba	BODYPUMP	Aprima't	
21:10h - 21:40h					

SALA 2	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
10:30h - 11:15h				Stretching 30'	loga
14:15h - 15:00h					
18:15h - 19:00h					
19:15h - 20:00h					
20:15h - 21:00h	loga	Run with us			
21:10h - 21:40h	Hipopressius		Pilates		

SALA 3	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:15h - 8:00h		Jambox			
14:15h - 15:00h					Jambox / TRX
16:00h - 16:45h		Jambox / TRX			
18:15h - 19:00h	Jambox				
19:15h - 20:00h	Jambox / TRX	Jambox / TRX		Jambox / TRX	Jambox / TRX
20:15h - 21:00h					
21:10h - 21:40h		TRX			

SALA 4	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:15h - 8:00h			SpinDir		
9:30h - 10:15h			FullBodyCycle		SpinDir
10:30 - 11:15h	SpinDir Shalom				
14:15h - 15:00h	SpinDir		SpinDir		SpinDir
16:00h - 16:45h	SpinDir				
18:15h - 19:00h		SpinDir		SpinDir	FullBodyCycle
19:15h - 20:00h	SpinDir	SpinDir	SpinDir XL	SpinDir	
20:15h - 21:00h	SpinDir				

DISSABTE SpinDir 12:15h - 13:00h

DIUMENGE SpinDir 12:15h - 13:00h