

SALA2

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		IOGA DIR Kristian	PILATES Eli	TONIFICA`T VIRTUAL	CUL 10 VIRTUAL
09.15	09.45	ZUMBA David (30')				
09.45	10.10	CUL 10 David (25')				
10.15	11.10	CUIDA`T VITAL David	CUL 10 VIRTUAL	TONIFICA`T Eli	BODY PUMP Eli	IOGA VIRTUAL
11.15	12.10	CUL 10 VIRTUAL	BODY PUMP VIRTUAL	IOGA VIRTUAL	TONIFICA`T VIRTUAL	D-TOTAL BODY VIRTUAL
12.15	13.10	PILATES VIRTUAL	TONIFICA`T VIRTUAL	BODY PUMP VIRTUAL	CUL 10 VIRTUAL	IOGA VIRTUAL
13.15	14.10	D-TOTAL BODY VIRTUAL	BODY PUMP VIRTUAL	PILATES VIRTUAL	IOGA VIRTUAL	CUL 10 VIRTUAL
14.15	15.10	CUL 10 Dani	IOGA DIR Sabrina	BODY PUMP Claudia	APRIMA`T Dani	TONIFICA`T VIRTUAL
15.15	16.10	BODY PUMP Dani	TONIFICA`T VIRTUAL	IOGA VIRTUAL	D-MOVE VIRTUAL	D-TOTAL BODY VIRTUAL
16.15	17.10		IOGA VIRTUAL	BODY PUMP VIRTUAL	TONIFICA`T VIRTUAL	CUL 10 VIRTUAL
17.15	18.00	IOGA VIRTUAL	D-MOVE VIRTUAL	CUL 10 VIRTUAL	PILATES VIRTUAL	TONIFICA`T VIRTUAL
18.15	19.10	PILATES Dani		BODY PUMP Claudia	BALLET FIT Mónica	D-MOVE VIRTUAL
18.15	19.10		CUL 10 / TONIFICA`T Dani			
19.15	20.10	BODY PUMP Dani	BODY COMBAT Dani	ZUMBA Claudia	IOGA DIR Mónica	TONIFICA`T VIRTUAL
20.15	21.10	ZUMBA Dani	BODY PUMP Dani	CUL 10 Claudia (30')	D-MOVE VIRTUAL	BODY PUMP VIRTUAL
20.45	21.10			BODY COMBAT Claudia (25')		
21.15	22.10	PILATES VIRTUAL	D-MOVE VIRTUAL	IOGA VIRTUAL	TONIFICA`T VIRTUAL	TONIFICA`T VIRTUAL

SALA3

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15	08.00	SPINDIR Gabriel	SPINDIR VIRTUAL	FULLBODY CYCLE Gabriel	SPINDIR VIRTUAL	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 Eli	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 Nelíbel	SPINDIR VIRTUAL	SPINDIR Nelíbel	SPINDIR VIRTUAL	SPINDIR VIRTUAL
14.30	15.15	SPINDIR VIRTUAL	SPINDIR Javi S.	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
15.30	16.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR Javi S.
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		FULLBODY CYCLE Álvaro		SPINDIR Álvaro	SPINDIR VIRTUAL
19.00	19.45	SPINDIR Josep		SPINDIR Josep		
19.30	20.15		SPINDIR Álvaro		SPINDIR Álvaro	SPINDIR Álvaro
20.00	20.45	FULLBODY CYCLE Josep		SPINDIR Josep		
20.30	21.15		SPRINT 30 Álvaro		SPINDIR VIRTUAL	SPINDIR VIRTUAL
21.00	21.45	SPINDIR VIRTUAL		SPINDIR VIRTUAL		

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

INICI	FI	DISSABTE
09.15	10:00	SPINDIR VIRTUAL
10.15	11:00	SPINDIR VIRTUAL
11.15	12:00	SPINDIR
12.15	13:00	SPINDIR VIRTUAL
13.15	14:00	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

