












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 / CUL10 David	IOGA DIR Kristian	PILATES Mireia	MIND BODY Dani	CUL 10 VIRTUAL
10.15	11.10	CUIDA'T VITAL David	CUL 10 VIRTUAL	TONIFICA'T Mireia	BODY PUMP Dani	PILATES 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 / ABD. Dani	IOGA DIR Juliana	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	CUL 10 / TONIFICA'T Dani	BODY PUMP Claudia	BALLET FIT Mónica	D-MOVE VIRTUAL
19.15	20.10	BODY PUMP Dani	BODY COMBAT Dani	ZUMBA Claudia	TOTAL HIIT Mónica	TONIFICA'T VIRTUAL
20.15	21.10	ZUMBA Dani	BODY PUMP Dani	CUL 10 (30') Claudia	IOGA DIR Mónica	BODY PUMP VIRTUAL
20.45	21.10			BODY COMBAT (25') Claudia		
21.15	22.10	PILATES VIRTUAL	D-MOVE VIRTUAL	IOGA VIRTUAL	TONIFICA'T VIRTUAL	TONIFICA'T 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

	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
	SÉNIORS
	EXTERIOR



INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15	08.00	<b>SPINDiR</b> Paola	SPINDiR VIRTUAL	<b>FULLBODYCYCLE</b> Paola	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 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	<b>SPINDiR</b> Nelibel	<b>SPINDiR</b> Javi S.	<b>SPINDiR</b> Nelibel	SPINDiR VIRTUAL	SPINDiR VIRTUAL
14.30	15.15	SPINDiR VIRTUAL	SPINDiR VIRTUAL	SPINDiR VIRTUAL	SPINDiR VIRTUAL	SPINDiR VIRTUAL
15.30	16.15	SPINDiR VIRTUAL	SPINDiR VIRTUAL	SPINDiR VIRTUAL	SPINDiR VIRTUAL	<b>SPINDiR</b> 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		<b>FULLBODYCYCLE</b> Álvaro		<b>SPINDiR</b> Álvaro	SPINDiR VIRTUAL
19.00	19.45	<b>SPINDiR</b> Josep		<b>SPINDiR</b> Josep		
19.30	20.15		<b>SPINDiR</b> Álvaro		<b>SPINDiR</b> Álvaro	<b>SPINDiR</b> Álvaro
20.00	20.45	<b>FULLBODYCYCLE</b> Josep		<b>SPINDiR</b> Josep		
20.30	21.15		<b>SPRINT 30</b> Álvaro		SPINDiR VIRTUAL	SPINDiR VIRTUAL
21.00	21.45	SPINDiR VIRTUAL		SPINDiR VIRTUAL		

INICI	FI	DISSABTE
09.15	10:00	SPINDiR VIRTUAL
10.15	11:00	SPINDiR VIRTUAL
11.15	12:00	<b>SPINDiR</b>
12.15	13:00	SPINDiR VIRTUAL
13.15	14:00	SPINDiR VIRTUAL