

### 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 / CUL10	IOGA DIR	PILATES	MIND BODY	CUL 10 VIRTUAL
10.15	11.10	CUIDA'T VITAL	CUL 10 VIRTUAL	TONIFICA'T	BODY PUMP	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.	IOGA DIR	BODY PUMP	APRIMA'T	TONIFICA'T VIRTUAL
15.15	16.10	BODY PUMP	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	CUL 10 / TONIFICA'T	BODY PUMP	CUL10 / ZUMBA	D-MOVE VIRTUAL
19.15	20.10	BODY PUMP	BODY COMBAT	ZUMBA	TOTAL HIIT	TONIFICA'T VIRTUAL
20.15	21.10	ZUMBA	BODY PUMP	CUL 10 (30')	IOGA DIR	BODY PUMP VIRTUAL
20.45	21.10			BODY COMBAT (25')		
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

### SPINDIR - SALA 3

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15	08.00	SPINDIR	SPINDIR VIRTUAL	FULLBODYCYCLE	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	SPINDIR	SPINDIR	SPINDIR	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	SPINDIR
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		FULLBODYCYCLE		SPINDIR	SPINDIR VIRTUAL
19.00	19.45	SPINDIR		SPINDIR		
19.30	20.15		SPINDI		SPINDIR	SPINDIR
20.00	20.45	FULLBODYCYCLE		SPIND		
20.30	21.15		SPRINT 30		SPINDIR VIRTUAL	SPINDIR VIRTUAL
21.00	21.45	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



- 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