

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15	08.10	2	BODY PUMP VIRTUAL	CUL 10 VIRTUAL	IOGA VIRTUAL	D-TOTAL BODY VIRTUAL	TONIFICA'T VIRTUAL
07.15	08.00	3	SPINDIR	SPINDIR VIRTUAL	FULLBODYCYCLE	SPINDIR VIRTUAL	SPINDIR VIRTUAL
08.15	09.10	2	IOGA VIRTUAL	D-TOTAL BODY VIRTUAL	CUL 10 VIRTUAL	PILATES VIRTUAL	D-MOVE VIRTUAL
08.15	09.00	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
09.15	10.10	2		IOGA DIR	PILATES	TONIFICA'T VIRTUAL	CUL 10 VIRTUAL
09.15	09.45	2	ZUMBA (30')				
09.45	10.10	2	CUL 10 (25')				
09.15	10.00	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR	SPINDIR VIRTUAL
10.15	11.10	2	CUIDA'T VITAL	CUL 10 VIRTUAL		BODY PUMP	IOGA VIRTUAL
10.15	10.45	2			ZUMBA (30')		
10.45	11.10	2			CUL 10 (25')		
10.15	11.00	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
11.15	12.10	2	CUL 10 VIRTUAL	BODY PUMP VIRTUAL	IOGA VIRTUAL	TONIFICA'T VIRTUAL	D-TOTAL BODY VIRTUAL
11.15	12.00	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
12.15	13.10	2	PILATES VIRTUAL	TONIFICA'T VIRTUAL	BODY PUMP VIRTUAL	CUL 10 VIRTUAL	IOGA VIRTUAL
12.15	13.00	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
13.15	14.10	2	D-TOTAL BODY VIRTUAL	BODY PUMP VIRTUAL	PILATES VIRTUAL	IOGA VIRTUAL	CUL 10 VIRTUAL
13.15	14.00	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
14.15	15.00	2	ZUMBA / CUL 10	IOGA DIR	BODY PUMP	APRIMA'T / ANIMAL FIT	TONIFICA'T VIRTUAL
14.30	15.15	3	SPINDIR	SPINDIR	SPINDIR	SPINDIR VIRTUAL	SPINDIR VIRTUAL
15.15	16.10	2		TONIFICA'T VIRTUAL	IOGA VIRTUAL	BODY PUMP VIRTUAL	D-TOTAL BODY VIRTUAL
15.15	16.10	2	BODY PUMP				
15.30	16.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR
16.15	17.10	2		IOGA VIRTUAL	BODY PUMP VIRTUAL	TONIFICA'T VIRTUAL	CUL 10 VIRTUAL
16.15	17.10	2	CUL 10 VIRTUAL			CUL 10 VIRTUAL	
16.30	18.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
17.15	18.10	2	IOGA VIRTUAL	D-MOVE VIRTUAL	CUL 10 VIRTUAL	PILATES VIRTUAL	TONIFICA'T VIRTUAL
17.30	18.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
18.15	19.10	2	PILATES	CUL 10 /TONIFICA'T	BODY PUMP	BALLET FIT	D-MOVE VIRTUAL
18.30	19.15	3		FULLBODYCYCLE		SPINDIR	SPINDIR VIRTUAL
19.00	19:45	3	SPINDIR		SPINDIR		
19.15	20.10	2	BODY PUMP	BODY COMBAT	ZUMBA	IOGA DIR	PILATES VIRTUAL
19.30	20.15	3		SPINDIR		SPINDIR	SPINDIR
20.00	20.45	3	FULLBODYCYCLE		SPINDIR		
20.15	21.10	2	ZUMBA	BODY PUMP	CUL 10 (30')	D-MOVE VIRTUAL	BODY PUMP VIRTUAL
20.45	21.10	2			BODY COMBAT (25')		
20.30	21.15	3		SPINDIR		SPINDIR VIRTUAL	SPINDIR VIRTUAL
21.00	21.45	3	SPINDIR VIRTUAL		SPINDIR VIRTUAL		
21.15	22.10	2	PILATES VIRTUAL	D-MOVE VIRTUAL	IOGA VIRTUAL	TONIFICA'T VIRTUAL	TONIFICA'T VIRTUAL

INICI	FI	SALA	DISSABTE
09.15	10.10	2	CUL 10 VIRTUAL
10.15	11.10	2	IOGA DIR
11.15	12.10	2	ZUMBA
12.15	13.10	2	BODY PUMP
13.15	14.10	2	PILATES 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
13.15	14:00	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

