

ACTIVITATS DIRIGIDES

- HORARI PROVISIONAL DE LES SESSIONS-



INICI	FI	Dilluns	Dimarts	Dimecres	Dijous	Divendres
9.15	10.10	Zumba	loga	CUI10/Upper Body		
10.15	11.10	Tonifica't/Mind Body		Zumba/Cul10	Pilates	
13.45	14.15	Zumba Express	Tonifica't Exprés	Cul10		
14.15	15.10	Body Pump	Pilates	Zumba	Tonifica't	Aprima't
18.15	19.10	Pilates	Cul10/Zumba	Aprima't	Pump	
19.15	20.10	Body Pump	Aprima't	Zumba	Cul10/Abd	loga
20.15	21.10	Zumba		Pump		

INICI	FI	Dissabte	Diumenge
10.30	11.15	SpinDiR	
11.15	12.10	Pump	
12.15	13.10	Zumba	

BOOTCAMP:

INICI	FI	Dilluns	Dimarts	Dimecres	Dijous	Divendres
07.30	08.15		Full Body		Full Body	
14.30	15.15	Full Body	Full Body	Full Body		
18.30	19.30		Full Body		Full Body	
19.30	20.30	Full Body	Full Body	Full Body	Full Body	
20.30	21.15	Full Body		Full Body		