

### SALA 1

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15	08.10	TONIFICAT	PILATES	BODY PUMP	CUL 10 / ESTIRAMENTS	
09.15	10.10	STEP BÀSIC	D-TOTAL BODY	MOBILITY	TONIFICAT	CUL 10 / D-MOVE!
10.15	11.10	ZUMBA	CUIDAT R. POSTURAL	D-MOVE!	CUIDAT PILATES	TONIFICAT
11.15	12.10	PINTENSE/ESTIRAMENTS	TONIFICAT	PILATES	ZUMBA/CUL10	MPOBILITY
12.15	13.10	BODY PUMP	APRIMA'T	CUL 10	TONIFICAT	ZUMBA
13.15	14.10	ZUMBA/CUL10	TONIFICAT	BODY COMBAT	IOGA DIR	
14.15	15.10	TONIFICAT	ZUMBA	CUL 10	BODY PUMP	BODY COMBAT
15.15	16.10	D-MOVE!	STEP BÀSIC	TONIFICAT	ZUMBA	IOGA DIR
16.15	17.10	D-TOTAL BODY	D-MOVE!	ZUMBA	TONIFICAT	BODY PUMP
17.15	18.10	IOGA DIR	BODY PUMP	PILATES	ZUMBA	MOBILITY
18.15	19.10	ZUMBA	TONIFICAT	APRIMA'T	BODY PUMP	ZUMBA/D-MOVE!
19.15	20.10	TONIFICAT	BODY COMBAT	BODY PUMP	APRIMA'T	CUL 10
20.15	21.10	STEP	BODY PUMP		TONIFICAT	
20.25	21.20			IOGA DIR		

INICI	FI	DISSABTE	DIUMENGE
10.30	11.25	PILATES	IOGA DIR
11.30	12.25	BODY PUMP	ZUMBA
12.30	13.25	STEP	BODY PUMP

INICI	FI	FESTIU
11.30	12.25	ZUMBA
12.30	13.25	BODY PUMP

Els dies festius no hi hauran classes de Ioga DIR.

### SALA 2

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.30	07.55	D-TOTAL BODY VIRTUAL		CUL10 VIRTUAL		TONIFICAT VIRTUAL
08.00	08.25		PILATES VIRTUAL		TONIFICAT VIRTUAL	
08.30	08.55	D-MOVE! VIRTUAL		CUL10 VIRTUAL		
09.00	09.55				IOGA MIG VIRTUAL	
10.00	10.25	PILATES VIRTUAL		CUL10 VIRTUAL		CUL10 VIRTUAL
10.30	11.25		IOGA MIG VIRTUAL			
11.30	12.25	D-MOVE! VIRTUAL		TONIFICAT VIRTUAL		D-TOTAL BODY VIRTUAL
12.30	12.55				D-TOTAL BODY VIRTUAL	
13.30	14.25	IOGA MIG VIRTUAL		D-MOVE! VIRTUAL		
14.15	15.10		BODY PUMP		PILATES INTENSE	
15.15	16.10					CUL 10
15.30	16.25		MIND BODY VIRTUAL		BODY PUMP VIRTUAL	
16.45	17.10	D-TOTAL BODY VIRTUAL		D-MOVE! VIRTUAL		CUL10 VIRTUAL
17.30	18.25		CUL 10	BODY PUMP	TONIFICAT	
18.30	19.25	APRIMA'T	BODY PUMP	CUL 10	BODY COMBAT	
19.30	20.25	BODY PUMP	STEP	ZUMBA	CUL 10	
20.00	20.55					D-MOVE! VIRTUAL
21.00	21.25	D-TOTAL BODY VIRTUAL	D-MOVE! VIRTUAL		PILATES VIRTUAL	CUL10 VIRTUAL

INICI	FI	DISSABTE	FESTIUS
10.30	11.55		D-TOTAL BODY VIRTUAL
11.30	11.55	CUL10 VIRTUAL	
12.30	13.25		BODY PUMP VIRTUAL
13.30	14.25	BODY PUMP VIRTUAL	
14.30	14.55	PILATES VIRTUAL	
16.30	17.25	BODY PUMP VIRTUAL	
17.30	17.55	D-MOVE! VIRTUAL	
18.30	19.00	TONIFICAT VIRTUAL	

### SALA 3

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15	08.00	SPINDIR	FULLBODYCYCLE	SPINDIR	SPINDIR	SPINDIR
08.30	09.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
09.30	10.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
10.30	11.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
11.30	12.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
12.30	13.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
13.30	14.15	FULLBODYCYCLE	SPINDIR	SPINDIR	SPINDIR	SPINDIR VIRTUAL
14.30	15.15	SPINDIR	SPINDIR	SPRINT 30	SPINDIR	SPINDIR XL
15.30	16.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	
16.30	17.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL XL	SPINDIR VIRTUAL
17.30	18.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL		SPINDIR VIRTUAL
18.30	19.15	SPINDIR	SPINDIR	SPINDIR	FULLBODYCYCLE	SPINDIR
19.30	20.15	SPINDIR	SPINDIR	SPINDIR	SPINDIR	SPINDIR
20.30	21.15	SPINDIR	SPINDIR	SPINDIR	SPINDIR	SPINDIR VIRTUAL
21.30	22.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL

INICI	FI	DISSABTE	FESTIUS
09.30	10.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL
10.30	11.15	SPINDIR	SPINDIR
11.30	12.15	SPINDIR	SPINDIR
12.30	13.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL
13.30	14.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL
14.30	15.15	SPINDIR VIRTUAL	
15.30	16.15	SPINDIR VIRTUAL	
16.30	17.15	SPINDIR VIRTUAL	
17.30	18.15	SPINDIR VIRTUAL	
18.30	19.15	SPINDIR VIRTUAL	

### JAMBOX

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
14.30	15.30	7	TÈCNICA	JAMBOX		CONDITIONING	SPARRING
18.30	19.30	7		TÈCNICA		SPARRING	JAMBOX
19.00	20.00	7	TÈCNICA		JAMBOX		
20.00	21.00	7	JAMBOX		TÈCNICA		

- 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

### RUN WITH US

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
14.15	15.10				RUN WITH US DIR	

PATROCINA

