

### SALA 1

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.00	07.55	CUL 10 / ABDOMINALS	BODY PUMP	MOBILITY	PILATES	BODY PUMP
08.15	09.10	TONO / MOBILITY	CUL 10/PILATES INT	PILATES	CUL 10/MOBILITY	IOGA DIR
09.15	10.10	BODY PUMP	D-TOTAL BODY	AERÒBIC	ZUMBA	CUL 10 / DMOVE
10.15	11.10	IOGA DIR	D-MOVE!	CUL 10/ZUMBA	PILATES	TONIFICAT
11.15	12.10	CUIDA'T TOTAL BODY	CUIDA'T RITMES	TONIFICAT	CUIDA'T VITAL	ZUMBA
12.15	13.10	ZUMBA	PILATES	ZUMBA	CUL 10/STEP BÀSIC	MOBILITY
14.15	15.10	ZUMBA / CUL10		BODY PUMP		
15.15	16.10	STEP	PILATES	AERÒBIC	MOBILITY/CUL 10	D-TOTAL BODY
16.15	17.10	ZUMBA	BODY PUMP	CUL 10/STEP BÀSIC	APRIMA'T	TONIFICAT
17.15	18.10	PILATES	CUL 10 / DMOVE	TONIFICAT	MOBILITY	ZUMBA
18.15	19.10	D-TOTAL BODY	APRIMA'T	BODY PUMP	UPPER BODY / ZUMBA	AERÒBIC
19.15	20.10	PILATES	ZUMBA	CUL 10 / ZUMBA	STEP	BODY PUMP
20.15	21.10	BODY PUMP	STEP	BODY PUMP		ZUMBA

INICI	FI	DISSABTE	FESTIUS
10.30	11.25	BODY PUMP	D-TOTAL BODY
11.30	12.25	ZUMBA	STEP
12.30	13.25	CUL 10/ESTIRAMENTS	PILATES

### SALA 2

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.00	07.55	BODY PUMP VIRTUAL	PILATES VIRTUAL	D-TOTAL BODY VIRTUAL	D-MOVE! VIRTUAL	PILATES VIRTUAL
08.00	08.55		D-MOVE! VIRTUAL			BODY PUMP VIRTUAL
09.00	09.55	BODY PUMP VIRTUAL	CUL10 VIRTUAL	D-MOVE! VIRTUAL		D-TOTAL BODY VIRTUAL
10.00	10.55		BODY PUMP VIRTUAL		PILATES VIRTUAL	D-MOVE! VIRTUAL
11.15	12.10	D-MOVE! VIRTUAL	IOGA DIR	BODY PUMP VIRTUAL	DANSA TRIBAL-FUSIÓ	CUL10 VIRTUAL
12.15	13.10	BODY PUMP VIRTUAL	D-MOVE! VIRTUAL	EQUILIBRA'T VIRTUAL	CUL10 VIRTUAL	BODY PUMP VIRTUAL
13.15	14.10	D-TOTAL BODY VIRTUAL	D-MOVE! VIRTUAL	BODY PUMP VIRTUAL	PILATES VIRTUAL	CUL10 VIRTUAL
14.15	15.10	D-MOVE! VIRTUAL	BODY PUMP VIRTUAL	PILATES VIRTUAL	IOGA DIR	BODY PUMP VIRTUAL
15.15	16.10	PILATES VIRTUAL	CUL10 VIRTUAL	BODY PUMP VIRTUAL	PILATES VIRTUAL	CUL10 VIRTUAL
16.15	17.10	BODY PUMP VIRTUAL	PILATES VIRTUAL	D-MOVE! VIRTUAL	CUL10 VIRTUAL	D-TOTAL BODY! VIRTUAL
17.30	18.25		DANSA TRIBAL-FUSIÓ		FIT DIR - INFANTIL	KIDDANCE - INFANTIL
18.00	18.55	ZUMBA		CUL 10/PILATES INT		
18.30	19.25					IOGA DIR
19.00	19.55	TOTAL HIIT		APRIMA'T	CUL 10/DMOVE	
19.15	20.10		BODY PUMP			
20.00	20.55	BODY COMBAT		MOBILITY		PILATES VIRTUAL
20.15	21.10		IOGA DIR		BODY COMBAT	
21.00	21.55	IOGA DIR				BODY PUMP VIRTUAL
21.15	22.10		TOTAL HIIT	CUL 10/ABDOMINALS	IOGA VIRTUAL	

INICI	FI	DISSABTE	FESTIUS
09.15	10:10	PILATES VIRTUAL	
10.15	11:10	D-TOTAL BODY VIRTUAL	
11.15	12:10	PILATES VIRTUAL	D-MOVE! VIRTUAL
12.15	13:10	CUL10 VIRTUAL	D-TONO! VIRTUAL
13.15	14:10	D-TOTAL BODY VIRTUAL	BODY PUMP VIRTUAL
14.15	15:10	BODY PUMP VIRTUAL	CUL10 VIRTUAL
15.15	16:10	PILATES VIRTUAL	BODY PUMP VIRTUAL
16.30	17:25	D-MOVE! VIRTUAL	D-TOTAL BODY VIRTUAL
17.30	18:25	D-TONO! VIRTUAL	PILATES VIRTUAL
18.30	19:25	BODY PUMP VIRTUAL	D-TONO! VIRTUAL

INICI	FI	DIUMENGE
10.00	10.55	IOGA DIR

### SALA 6

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
06.30	06.55	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
07.15	08.00	SPINDIR	SPINDIR	SPINDIR	SPRINT 30	SPINDIR
08.30	09.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
09.30	10.15	SPINDIR	SPINDIR	SPINDIR	SPINDIR	SPINDIR
10.30	11.15	SPINDIR	SPINDIR	SPINDIR	SPINDIR	FULLBODYCYCLE
11.30	12.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL		SPINDIR VIRTUAL	SPINDIR VIRTUAL
12.30	13.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL		SPINDIR VIRTUAL	SPINDIR VIRTUAL
13.30	14.30				SPINDIR XL	
13.30	14.15	SPINDIR	FULLBODYCYCLE	SPINDIR		SPINDIR VIRTUAL
14.30	15.15	SPINDIR VIRTUAL	SPINDIR	SPINDIR VIRTUAL	SPINDIR XL	SPINDIR VIRTUAL
15.30	16.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
16.30	17.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
16.30	18.15	SPINDIR VIRTUAL XL				SPINDIR VIRTUAL XL
17.30	18.15			SPINDIR VIRTUAL		
18.00	18.25		SPINDIR EXPRESS		SPRINT 30	
18.30	19.15	SPINDIR	SPINDIR	FULLBODYCYCLE	SPINDIR	SPINDIR
19.30	20.15	SPINDIR	SPRINT 30	SPINDIR	SPINDIR	SPINDIR
20.30	21.15	SPINDIR	SPINDIR	SPINDIR	SPINDIR	SPINDIR
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	SPINDIR VIRTUAL
15.30	16:15	SPINDIR VIRTUAL	SPINDIR VIRTUAL
16.30	17:15	SPINDIR VIRTUAL	SPINDIR VIRTUAL
17.30	18:15	SPINDIR VIRTUAL	SPINDIR VIRTUAL
18.30	19:15	SPINDIR VIRTUAL	SPINDIR VIRTUAL

### SALA FITNESS

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
09.15	10.10		BOXA OLIMPICA			
10.30	11.25				BOXA OLIMPICA	
12.00	12.55	DEFENSA PERSONAL		DEFENSA PERSONAL		
19.00	20.10		BOXA OLIMPICA	BOXA OLIMPICA		
19.30	20.25	BOXA OLIMPICA				
20.30	21.25				BOXA OLIMPICA	

- 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

### PISCINA

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
09.15	10.05	AQUA TOTAL BODY	AQUA DIR	AQUA DIR	AQUA APRIMA'T	AQ BALANCE/AQ EXTREM
10.15	11.05	AQUA APRIMA'T	AQUA EXTREM	AQUA DIR	AQ BALANCE/AQ EXTREM	
11.15	12.05	AQUA DIR		AQUA TOTAL BODY		AQUA APRIMA'T
18.00	18.50	AQUA EXTREM	AQUA APRIMA'T	AQUA TOTAL BODY	AQUA DIR	AQUA CROSS DIR
19.00	19.50	AQUA TOTAL BODY	AQUA HIT	AQUA DIR	AQUA EXTREM	

### RUN WITH US

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
18.15	19.10					
19.30	20.25				RUN WITH US DIR	

PATROCINA

