

Horari AADD

	INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.00			OCR DIR 07.10 a 08.00 SALA OCR		BODY PUMP 07.10 a 08.00 SALA 2	
15'						
07.30						
08.00						
09.00			IOGA SUAU 09.00 a 09.50 SALA 1		IOGA SUAU 09.00 a 09.50 SALA 1	
15'						
20'						
09.00		TOTAL BODY 09.15 a 10.05 SALA 2		OCR DIR 09.15 a 10.05 SALA OCR		BODY COMBAT 9.15 a 10.05 SALA 2
30'						
09.00			TOTAL BODY 09.15 a 10.05 SALA 3		TOTAL BODY 09.15 a 10.05 SALA 3	
45'		MOBILITY 09.30 a 10.20 SALA 3		MOBILITY 09.30 a 10.20 SALA 3		
50'						
10.00			BODY PUMP 09.30 a 10.20 SALA 2		BODY PUMP 09.30 a 10.20 SALA 2	
15'						
30'		PILATES 10.15 a 11.05 SALA 1		PILATES 10.15 a 11.05 SALA 1		BODY BALANCE 10.15 a 10.05 SALA 2
45'						
11.00			IOGA DINÀMIC 10.00 a 10.50 SALA 1		IOGA DINÀMIC 10.00 a 10.50 SALA 1	
15'						
30'						
45'						
12.00						
13.00						
15'						
30'		BODY PUMP 13.20 a 14.10 SALA 2			OCR DIR 13.40 a 14.30 SALA OCR	
45'						
14.00						
15'						
30'						
45'						
15.00		ZUMBA 15.15 a 16.05 SALA 2	BODY PUMP 15.15 a 16.05 SALA 2	ZUMBA 15.15 a 16.05 SALA 2		BODY PUMP 15.15 a 16.05 SALA 2
15'						
30'						
15.00						
15'		OCR DIR 15.15 a 16.05 SALA OCR		BODY BALANCE 15.15 a 16.05 SALA 1	OCR DIR 15.15 a 16.05 SALA OCR	
30'						
45'						
16.00						
17.00						
15'		BODY COMBAT 17.00 a 17.50 SALA 2			IOGA 18.00 a 18.50 SALA 1	
30'			IOGA 18.00 a 18.50 SALA 1			
45'						
18.00						
15'		BODY PUMP 18.00 a 18.50 SALA 2	CUL 10 18.00 a 18.50 SALA 2	BODY COMBAT 18.00 a 18.50 SALA 2	BODYPUMP 18.00 a 18.50 SALA 2	BODY COMBAT 18.00 a 18.50 SALA 2
30'						
45'						
19.00						
15'		BODY BALANCE 19.00 a 19.50 SALA 2	PILATES 19.00 a 19.50 SALA 2	BODY PUMP 19.00 a 19.50 SALA 2	PILATES 19.00 a 19.50 SALA 2	BODY PUMP 19.00 a 19.50 SALA 2
30'						
45'						
19.00		OCR DIR 19.00 a 19.50 SALA OCR	OCR DIR 19.15 a 20.05 SALA OCR	OCR DIR 19.00 a 19.50 SALA OCR	OCR DIR 19.15 a 20.05 SALA OCR	OCR DIR 19.00 a 19.50 SALA OCR
15'						
30'						
45'						
19.00		IOGA 20.00 a 20.50 SALA 3	SPINDIR 19.10 a 20.00 SALA SPINDIR	IOGA 20.00 a 20.50 SALA 3	SPINDIR 19.10 a 20.00 SALA SPINDIR	
15'						
30'						
45'						
20.00		ZUMBA 20.00 a 20.50 SALA 2	COREOGRAPHY 20.00 a 20.50 SALA 2	ZUMBA 20.00 a 20.50 SALA 2	COREOGRAPHY 20.00 a 20.50 SALA 2	
15'						
30'						
45'						
20.00			PILATES 20.00 a 20.50 SALA 3		PILATES 20.00 a 20.50 SALA 3	
15'						
30'						
45'						