

SALA 1

INICI	FI	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:00	7:50			Aprima't		
8:00	8:50	Tonifica't	Aprima't			
9:00	9:50					Cuida't Funcional
9:30	10:20				Aprima't	
10:00	10:30	Tonifica't				HIPOPRESSIUS
10:00	10:50		Reduació Postural			
11:00	11:50		Cuida't Funcional	Mobility	Cuida't Total Body	
13:30	14:20		Cul10/Funcional	D. Total Body	Pilates	
14:30	15:20				Cul10/Funcional	
16:30	18:00	Taitxi		Taitxi		Taitxi
16:30	17:20		Tonifica't			
17:30	18:20	D. Total Body	Cul10/Funcional		Body Pump	
18:30	19:20	Cul10/Step			Cul10/Funcional	
19:00	19:30		Total Hit			
19:00	19:50			Cul10/Zumba		
19:30	20:20	STEP	Cul10/Zumba		Body Pump	
20:30	21:20		D. Total Body			
20:30	21:00				Total Hit	

SALA 2

INICI	FI	Dilluns	Dimarts	Dimecres	Dijous	Divendres
07:00	07:50					Body Pump
8:00	8:50				Body Pump	
09:00	9:50	Circuit/Zumba			Circuit/Zumba	
9:30	10:20	Body Pump	Cul10/Funcional	D. Total Body		Body Pump
10:00	10:30					
10:30	11:20	Zumba		Body Pump	Mobility	Zumba
11:00	11:50					
12:00	12:50	Pilates		Pilates		
14:30	15:20		Body Pump			
15:30	16:20			Zumba		Body Pump
17:30	18:20			D. Total Body		
18:00	18:50	Zumba	D. Total Body		Zumba	Body Pump
18:30	19:20			Body Pump		
19:00	19:50	Body Pump	STEP		Aprima't	
19:15	20:05					Zumba
19:30	20:20			Aprima't		
20:00	20:50				Zumba	
21:00	21:50		Zumba			

INICI	FI	Dissabte	Diumenge
11:00	12:00	Body Pump	
11:15	12:05		Tonifica't
12:15	13:15	Zumba	

SALA 4

INICI	FI	Dilluns	Dimarts	Dimecres	Dijous	Divendres
09:30	10:20		WOD		WOD	WOD
18:00	18:50	WOD		WOD	STEP	WOD
19:00	19:50		WOD		WOD	

SALA 5

INICI	FI	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:00	7:50		SPINDIR		SPINDIR	
09:30	10:20	SPINDIR		SPINDIR		
10:30	11:20		SPINDIR		SPINDIR	SPINDIR
12:00	12:50	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
13:45	14:35	SPINDIR		SPINDIR		SPINDIR
15:30	16:20		SPINDIR		SPINDIR	
17:00	17:50	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
18:00	18:50	SPINDIR		SPINDIR		SPINDIR
18:30	19:20		SPINDIR		SPINDIR	
19:30	20:20	SPINDIR		SPINDIR		
20:00	20:50		SPINDIR		SPINDIR	SPINDIR
20:30	21:20	SPINDIR		SPINDIR		

INICI	FI	Dissabte	Diumenge
10:00	10:50	SPINDIR	
10:15	11:05		SPINDIR
17:00	17:00	SPINDIR VIRTUAL	

SALA 6

INICI	FI	Dilluns	Dimarts	Dimecres	Dijous	Divendres
07:00	7:50	Pilates				
9:15	10:00			Reduació Postural		
9:30	10:20		Mobility		Pilates	
9:30	11:00					KUNDALINI IOGA
10:10	11:30			HATHA IOGA		
10:15	10:45				HIPOPRESSIUS	
10:30	11:15	Mobility				
11:00	11:50					Pilates
11:00	12:15		HATHA IOGA			
12:00	12:50					Mobility
15:30	16:20	Pilates	Pilates		Pilates	
16:30	17:30				GRAVITY	
17:00	18:15			HATHA IOGA		
17:30	18:30				GRAVITY	
17:30	19:00					VINYASA IOGA
18:30	19:20			Pilates		
18:30	19:00		Mobility			
19:00	19:50	Pilates			HIPOPRESSIUS	
19:30	21:00		VINYASA IOGA	GRAVITY		
20:30	21:20	Mobility				

INICI	FI	Dissabte	Diumenge
9:30	11:00	VINYASA IOGA	

PISCINA

INICI	FI	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:10	8:00		AQUADIR		AQUA TOTAL BODY	
10:15	11:05	AQUADIR	AQUA TOTAL BODY	AQUADIR	AQUA APRIMA'T	AQUADIR
13:30	14:20	AQUADIR		AQUA APRIMA'T		
15:45	16:30		AQUADIR		AQUADIR	
16:30	17:00		AQUA PILATES		AQUA PILATES	
16:30	17:00	AQUADIR		AQUADIR		
19:45	20:30	AQUA EXTREM	AQUADIR	AQUA APRIMA'T	AQUADIR	AQUA TOTAL BODY

INICI	FI	Dissabte	Diumenge
12:00	12:50	AQUADIR	AQUADIR

SF

INICI	FI	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:30	8:00	HITT	HITT		HITT	
10:00	10:30	FUNCIONAL SENIOR	FUNCIONAL SENIOR	FUNCIONAL SENIOR	FUNCIONAL SENIOR	FUNCIONAL SENIOR
13:45	14:15					
15:30	16:00	HITT	HITT	HITT	HITT	
17:15	17:30	CORE TRAINING	CORE TRAINING	CORE TRAINING	CORE TRAINING	CORE TRAINING
18:15	18:45	HITT	HITT	HITT	HITT	HITT
19:00	19:30			HITT		HITT
19:00	19:15	CORE TRAINING			CORE TRAINING	
20:00	20:30	HITT	HITT	HITT	HITT	HITT
21:00	21:30	HITT	HITT	HITT	HITT	HITT