

SEVENDiR

A PARTIR DEL 2 DE SETEMBRE

SALA 2

| INICI | FI | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|-------|-------|----------------------|----------------------|----------------------|----------------------|--------------------|
| 07.30 | 07.55 | D-MOVE! VIRTUAL | CUL10 VIRTUAL | D-TOTAL BODY VIRTUAL | PILATES VIRTUAL | CUL10 VIRTUAL |
| 08.00 | 08.55 | BODY PUMP VIRTUAL | D-TOTAL BODY VIRTUAL | PILATES VIRTUAL | TONIFICA'T | PILATES / MOBILITY |
| 09.00 | 09.55 | D-TOTAL BODY VIRTUAL | D-MOVE! VIRTUAL | IOGA VIRTUAL | D-TOTAL BODY VIRTUAL | BODY PUMP VIRTUAL |
| 10.00 | 10.55 | IOGA VIRTUAL | D-TOTAL BODY VIRTUAL | BODY PUMP VIRTUAL | D-MOVE! VIRTUAL | MIND BODY VIRTUAL |
| 11.00 | 11.55 | BODY PUMP VIRTUAL | IOGA VIRTUAL | D-MOVE! VIRTUAL | D-TOTAL BODY VIRTUAL | TONIFICA'T VIRTUAL |
| 12.00 | 12.55 | PILATES VIRTUAL | MIND BODY VIRTUAL | CUL10 VIRTUAL | | BODY PUMP VIRTUAL |
| 12.00 | 13.25 | | | | IOGA DIR | |
| 13.00 | 13.25 | CUL10 VIRTUA | TONIFICA'T VIRTUAL | D-MOVE! VIRTUAL | | PILATES VIRTUAL |
| 13.30 | 14.25 | CUL 10 / UPPERBODY | BOXA OLÍMPICA | TONIFICA'T | | TONIFICA'T VIRTUAL |
| 14.00 | 14.55 | | | | BOXA OLÍMPICA | |
| 14.30 | 15.25 | IOGA DIR | ZUMBA | CUL 10 / ABDOMINALS | | BODY PUMP VIRTUAL |
| 15.30 | 16.25 | D-MOVE! VIRTUAL | MIND BODY VIRTUAL | D-MOVE! VIRTUAL | | D-MOVE! VIRTUAL |
| 15.30 | 16.55 | | | | IOGA DIR | |
| 16.30 | 17.00 | CUL10 VIRTUAL | PILATES VIRTUAL | CUL10 VIRTUAL | | PILATES VIRTUAL |
| 17.15 | 18.10 | BODY PUMP VIRTUAL | D-MOVE! VIRTUAL | D-TOTAL BODY VIRTUAL | BODY PUMP VIRTUAL | TONIFICA'T VIRTUAL |
| 18.15 | 19.10 | PILATES | | BODY PUMP | D-MOVE! VIRTUAL | D-MOVE! VIRTUAL |
| 18.45 | 20.10 | | IOGA DIR | | IOGA DIR | |
| 19.15 | 20.10 | MOBILITY | | APRIMA'T | | MIND BODY VIRTUAL |
| 20.15 | 21.10 | BODY PUMP | D-TOTAL BODY VIRTUAL | CUL 10 / ESTIRAMENTS | D-MOVE! VIRTUAL | IOGA VIRTUAL |
| 21.15 | 21.45 | PILATES VIRTUAL | TONIFICA'T VIRTUAL | CUL10 VIRTUAL | PILATES VIRTUAL | D-MOVE! VIRTUAL |

| INICI | FI | DISSABTE | FESTIUS |
|-------|-------|-----------------|----------------------|
| 09.30 | 10.00 | CUL10 VIRTUAL | PILATES VIRTUAL |
| 10.15 | 11.10 | IOGA VIRTUAL | D-MOVE! VIRTUAL |
| 11.15 | 12.10 | PILATES VIRTUAL | BODY PUMP VIRTUAL |
| 12.15 | 13.10 | CUL10 VIRTUAL | D-TOTAL BODY VIRTUAL |
| 13.15 | 13.45 | PILATES VIRTUAL | CUL10 VIRTUAL |

PATROCINA



- 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