

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.00	08.15	4		IOGA DIR		IOGA DIR	
07.00	07.55	-				RUN WITH US	
07.15	08.10	4			APRIMA'T		
07.30	08.15	1	SPINDiR	SPINDiR	FULLBODYCYCLE	SPINDiR	SPINDiR
10.15	11.10	4	IOGA DIR		CUL10/PILATES		
11.15	12.10	4		APRIMA'T		TONIFICA'T	
13.15	13.25	SF	CORE TRAINING 10'	HIIT 10'	CORE TRAINING 10'	TREN INFERIOR 10'	CORE TRAINING 10'
13.15	13.45	4	BODY PUMP 30'	CUL10 30'	APRIMA'T 30'		
13.30	13.40	SF	HIIT 10'	CORE TRAINING 10'	TREN SUPERIOR 10'	CORE TRAINING 10'	HIIT 10'
13.45	14.15	4	CUL10 30'	ZUMBA 30'	TONIFICA'T 30'	PILATES 30'	
14.15	15.25	SF	CORE TRAINING 10'	TREN INFERIOR 10'	CORE TRAINING 10'	HIIT 10'	CORE TRAINING 10'
14.15	15.00	1	SPINDiR	SPINDiR	FULLBODYCYCLE	SPRINT 30	SPINDiR
14.15	15.10	4			RUN WITH US		
14.15	15.10	4	APRIMA'T 55'	PILATES 55'	BODY PUMP 55'	IOGA DIR 55'	
14.30	14.40	1	HIIT 10'	CORE TRAINING 10'	HIIT 10'	CORE TRAINING 10'	HIIT 10'
15.15	16.10	4					BOXA OLÍMPICA 55'
18.15	19.10	4	DMOVE! /CUL10	CUL10/ABDOMINALS	D-TOTAL BODY	BODY PUMP	
18.45	19.30	1		SPINDiR		SPINDiR	
19.00	20.45	1	SPINDiR		SPINDiR		
19.15	20.10	4	BODY PUMP	BOXA OLÍMPICA	PILATES	APRIMA'T	
19.45	20.30	4		SPINDiR		SPINDiR	
20.00	20.45	1	SPINDiR		SPINDiR		
20.15	21.10	4	BODY COMBAT		BODY COMBAT/ CUL10 30'		

INICI	FI	SALA	DISSABTE
11:15	12:10	1	SPINDiR

- 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

CLASSES VIRTUALS

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
06.45	07.15	4	SPINDiR	SPINDiR	SPINDiR	SPINDiR	
07.15	08.10	4	BODY PUMP				PILATES
08.30	09.15	1	SPINDiR	SPINDiR	SPINDiR	SPINDiR	SPINDiR
08.15	09.10	4	D-MOVE	IOGA	PILATES	TONIFICA'T	BODY PUMP
09.30	10.15	1	SPINDiR	SPINDiR	SPINDiR	SPINDiR	SPINDiR
09.15	10.10	4	TONIFICA'T	PILATES	BODY PUMP	IOGA	MIND BODY
10.30	11.15	1	SPINDiR	SPINDiR	SPINDiR	SPINDiR	SPINDiR
10.15	11.10	4		BODY PUMP		D-MOVE!	PILATES
11.30	12.15	1	SPINDiR	SPINDiR	SPINDiR	SPINDiR	SPINDiR
11.15	12.10	4	D-TOTAL BODY		D-MOVE!		D-MOVE!
12.30	13.15	1	SPINDiR	SPINDiR	SPINDiR	SPINDiR	SPINDiR
12.15	13.10	4	D-MOVE!	BODY PUMP	PILATES	D-TOTAL BODY	TONIFICA'T
13.20	14.05	1	SPINDiR	SPINDiR	SPINDiR	SPINDiR	SPINDiR
14.15	15.10	4					MIND BODY
15.15	16.00	1	SPINDiR	SPINDiR	SPINDiR	SPINDiR	SPINDiR
15.15	16.10	4	D-MOVE!	TONIFICA'T	PILATES	BODY PUMP	
16.00	16.45	1	SPINDiR	SPINDiR	SPINDiR	SPINDiR	SPINDiR
16.15	17.10	4	TONIFICA'T	CUL10	D-MOVE!	IOGA	MIND BODY
17.00	17.45	1	SPINDiR	SPINDiR	SPINDiR	SPINDiR	SPINDiR
17.15	18.10	4	IOGA	PILATES	CUL10	TONIFICA'T	PILATES
18.00	18.45	1	SPINDiR	SPINDiR	SPINDiR	SPINDiR	SPINDiR
18.15	19.10	4					IOGA
19.15	20.00	1					SPINDiR
19.15	20.10	4					D-MOVE!
20.15	21.00	1					SPINDiR
20.15	21.10	4		D-MOVE		TONIFICA'T	MIND BODY

INICI	FI	SALA	DISSABTE	FESTIUS
09.15	10.00	1	SPINDiR	SPINDiR
10.15	11.10	4	PILATES	D-TOTAL BODY
10.15	11.00	1	SPINDiR	SPINDiR
11.15	12.10	4	BODY PUMP	MIND BODY
11.15	12.00	1		SPINDiR
12.15	13.10	4	D-TOTAL BODY	BODY PUMP
12.15	13.00	1	SPINDiR	SPINDiR
13.15	13.45	1	PILATES	IOGA
13.15	14.00	1	SPINDiR	SPINDiR

