



ACTIVITATS DIRIGIDES AGOST 2019

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:00	07:00 - 07:50 (sala 3) Cycling	07:00 - 07:50 (sala 1) GAC	07:00 - 07:50 (sala 3) Cycling	07:00 - 07:50 (sala 1) Tono	07:00 - 07:50 (sala 1) Bodypump
9:00	09:30 - 10:20 (sala 1) GAC	09:30 - 10:20 (sala 1) Step Nivell 2	09:30 - 10:20 (sala 1) Bodypump	09:30 - 10:20 (sala 1) Zumba	09:30 - 10:20 (sala 1) Bodycombat
	09:30 - 10:20 (sala 3) Cycling	09:30 - 10:20 (sala 3) Cycling		09:30 - 10:20 (sala 3) Cycling	
13:00	13:30 - 14:20 (sala 3) Cycling	13:30 - 14:20 (sala 3) Bodycombat	13:30 - 14:20 (sala 3) Cycling	13:30 - 14:20 (sala 3) Bodypump	13:30 - 14:20 (sala 3) Cycling
18:00	18:30 - 19:20 (sala 1) Zumba	18:30 - 19:20 (Sala 8) GAC	18:30 - 19:20 (sala 1) Bodypump	18:30 - 19:20 (sala 1) Cxworx	18:30 - 19:20 (sala 1) Bodycombat
		18:30 - 19:20 (Sala 8) Corpore			
	18:30 - 19:20 (sala 3) Cycling	18:30 - 19:20 (sala 3) Cycling	18:30 - 19:20 (sala 3) Cycling	18:30 - 19:20 (sala 3) Cycling	18:30 - 19:20 (sala 3) Cycling
19:00	19:30 - 20:20 (Sala 1) Bodycombat	19:30 - 20:20 (Sala 1) Bodypump	19:30 - 20:20 (Sala 1) Zumba	19:30 - 20:20 (Sala 8) Bodycombat	19:30 - 20:20 (Sala 1) Bodypump
	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling
20:00	20:30 - 21:20 (Sala 1) Bodypump	20:30 - 21:20 (Sala 1) Bodycombat	20:30 - 21:20 (Sala 1) GAC	20:30 - 21:20 (Sala 1) Tono	20:30 - 21:20 (Sala 1) Zumba
	AQUÀTIQUES	CARDIOVASCULAR	COREOGRAFIADES	BODY-MIND	TONIFICACIÓ MUSCULAR

LA DIRECCIÓ ES RESERVA EL DRET DE FER QUAALSEVOL CANVI.