



ACTIVITATS DIRIGIDES ANY NOU - REIS



HORA	DILLUNS 1	DIMARTS 2	DIMECRES 3	DIJOUS 4	DIVENDRES 5
7:00		07:00 - 07:45 (sala 1) GAC	07:00 - 07:45 (sala 1) TONO		07:00 - 07:45 (sala 1) BODYPUMP
8:00		08:30 - 09:15 (sala 3) CYCLING	08:30 - 09:15 (SALA CARDIO) OMNIA		08:30 - 09:15 (sala 1) CXWORX
9:00		09:30 - 10:15 (sala 1) TONO	09:30 A 10:15 (sala 1) BODYPUMP	09:30 - 10:15 (sala 1) ZUMBA	09:30 - 10:15 (sala 1) BODYCOMBAT
				09:30 - 10:15 (sala 3) CYCLING	09:30 - 10:15 (sala 1) MASTER TONO
10:00			10:30 - 11:15 (SALA 1) ABD		10:30 - 11:15 (sala 1) CORPORE
MIGDIA					
13:00		13:30 - 14:15 (sala 3) CYCLING	13:30 - 14:15 (sala 1) CXWORX	13:30 - 14:15 (sala 3) CYCLING	13:30 - 14:15 (Sala cardio) OMNIA
15:00			15:15 - 16:00 (sala 1) BODYPUMP		15:15 - 16:00 (sala 1) TONO
TARDA					
17:00		17:30 - 18:15 (sala 1) TONO	17:30 - 18:15 (sala 1) BODYPUMP	17:30 - 18:15 (sala 1) CORPORE	17:30 - 18:15 (sala 1) GAC
		17:30 - 18:15 (Sala 1) BODYCOMBAT	17:30 - 18:15 (sala 3) CYCLING		
18:00		18:30 - 19:15 (Sala 8) CORPORE	18:30 - 19:15 (sala 1) CXWORX	18:30 - 19:15 (Sala cardio) OMNIA	18:30 - 19:15 (Sala 1) Bodypump
		18:30 - 19:15 (Sala 3) CYCLING		18:30 - 19:15 (sala 1) BODYCOMBAT	18:30 - 19:15 (Sala 3) CYCLING
19:00		19:30 - 20:15 (Sala 1) BODYPUMP	19:30 - 20:15 (Sala 1) ZUMBA	19:30 - 20:15 (Sala 1) BODYPUMP	
		19:30 - 20:15 (sala 8) ZUMBA		19:30 - 20:15 (sala 3) CYCLING	
AQUÀTIQUES					
HORA		DIMARTS	DIMECRES	DIJOUS	DIVENDRES
9:00		09:15 - 10:00 Aquagym	09:15 - 10:00 Aqua Dynamic	09:15 - 10:00 Aquagac	09:15 - 10:00 Aqua Dynamic
11:00			11:00 - 11:45 Aquamaster		11:00 - 11:45 Aquamaster
18:00		18:30 - 19:15 Aquagac	18:30 - 19:15 Aqua Dynamic	18:30 - 19:15 Aquagym	
	AQUÀTIQUES	CARDIOVASCULAR	COREOGRAFIADES	BODY-MIND	TONIFICACIÓ MUSCULAR



LA DIRECCIÓ ES RESERVA EL DRET DE FER QUALSEVOL CANVI.