



ACTIVITATS DIRIGIDES

AGOST 24

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:00	07:00 - 07:45 (sala 3) CYCLING		07:00 - 07:45 (sala 1) TONO		07:00 - 07:45 (sala 1) BODYPUMP
8:00	08:30 - 09:15 (sala 1) BODYPUMP	08:30 - 09:15 (sala 3) CYCLING	08:30 - 09:15 (SALA CARDIO) OMNIA	08:30 - 09:15 (sala 1) HIIT	08:30 - 09:15 (sala 1) CORE
9:00	09:30 - 10:15 ZUMBA	09:30 - 10:15 (sala 1) TONO	09:30 A 10:15 (sala 1) BODYPUMP	09:30 - 10:15 (sala 3) CYCLING	09:30 - 10:15 (sala 1) BODYCOMBAT
MIGDIA					
13:00	13:30 - 14:15 (sala 1) BODYPUMP	13:30 - 14:15 (sala 3) CYCLING	13:30 - 14:15 (sala 1) HIIT	13:30 - 14:15 (sala 3) CYCLING	13:30 - 14:15 (Sala cardio) OMNIA
TARDA					
18:00	18:00 - 18:45 (sala 1) ZUMBA	18:00 - 18:45 (sala 1) TONO	18:00 - 18:45 (sala 3) CYCLING	18:00 - 18:45 (sala 1) CORPORE	18:00 - 18:45 (sala 1) GAC
19:00	19:00 - 19:45 (Sala 1) HIIT	19:00 - 19:45 (Sala 1) BODYCOMBAT	19:00 - 19:45 (Sala 1) CORE	19:00 - 19:45 (Sala 1) BODYPUMP	19:00 - 19:45 (Sala 1) BODYPUMP
	19:00 - 19:45 (sala 3) CYCLING			19:00 - 19:45 (sala 3) CYCLING	
20:00	20:00 - 20:45 (Sala 1) BODYCOMBAT	20:00 - 20:45 (Sala 1) BODYPUMP	20:00 - 20:45 (Sala 1) ZUMBA	20:00 - 20:45 (Sala cardio) OMNIA	20:00 - 20:45 (Sala 1) ZUMBA
		CARDIOVASCULAR	COREOGRAFIADES	BODY-MIND	TONIFICACIÓ MUSCULAR

LA DIRECCIÓ ES RESERVA EL DRET DE FER QUALSEVOL CANVI.