

MATÍ

MIGDIA

TARDA

VESPRE

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05	BODYPUMP SALA 2 55'	TBC SALA 2 50'	CYCLING SALA 1 50'	PILATES SALA 2 50'	GAC SALA 2 50'		
8:00	AIGUAGIM P.PETITA 45'	AIGUACARDIO P.GRAN 45'	CYCLING VIRTUAL SALA 1	AIGUAGIM P.PETITA 45'	AIGUACARDIO P.GRAN 45'	CYCLING VIRTUAL SALA 1	
8:30	GIM SUAU SALA 2 50'	CYCLING SALA 1 50'	GAC SALA 2 50'	BODYBALANCE SALA 2 55'			
9:00	CYCLING VIRTUAL SALA 1					CYCLING SALA 1 50'	
9:30	GAC SALA 2 50'	BODYPUMP SALA 2 55'	TBC HIIT SALA 2 50'	BODYPUMP SALA 2 55'	PILATES SALA 2 50'		
9:30		BODYBALANCE SALA 1 55'	CYCLING VIRTUAL SALA 1	GIM SUAU SALA 1 50'	CYCLING VIRTUAL SALA 1		
10:00	AIGUACARDIO P.GRAN 45'	AIGUAGIM P.PETITA 45'	AIGUACARDIO P.GRAN 45'	AIGUACARDIO P.GRAN 45'	AIGUAGIM P.PETITA 45'	BODYPUMP SALA 2 55'	CYCLING VIRTUAL SALA 1
10:30	GIM SUAU SALA 2 50'	ZUMBA SALA 2 50'	TBC SALA 2 50'	PILATES SALA 2 50'	GIM SUAU SALA 2 50'		
10:30		ESTIRAMENTS SALA 1 50'			CYCLING VIRTUAL SALA 1		
11:00			NATACIÓ TERAPÈUTICA 45'			GAC SALA 2 50'	
11:30	CYCLING VIRTUAL SALA 1			CYCLING VIRTUAL SALA 1			
11:45	AIGUAGIM P.PETITA 45'		AIGUAGIM P.PETITA 45'		AIGUAGIM P.PETITA 45'		
14:00	CYCLING VIRTUAL SALA 1		CYCLING VIRTUAL SALA 1			CYCLING VIRTUAL SALA 1	
14:30							
15:00	GAC SALA 2 50'	TBC SALA 2 50'	BODYBALANCE SALA 2 55'	BODYPUMP SALA 2 55'	CYCLING SALA 1 50'		
15:15	AIGUAGIM P.PETITA 45'	AIGUACARDIO P.GRAN 45'	AIGUAGIM P.PETITA 45'	AIGUAGIM P.PETITA 45'			
16:00	BODYATTACK SALA 2 45'	GAC SALA 2 50'	ZUMBA SALA 2 50'	HIPOPRESSIUS SALA 2 50'	BODYPUMP SALA 2 55'		
16:00			PILATES SALA 1 50'				
17:00	BODYBALANCE SALA 2 55'	GIM SUAU SALA 2 50'	TBC SALA 2 50'	GAC SALA 2 50'	BODYATTACK SALA 2 45'		
17:00	CYCLING VIRTUAL SALA 1		CYCLING VIRTUAL SALA 1	ABDOMINALS SALA 1 50'	CYCLING VIRTUAL SALA 1		
18:00	TBC SALA 2 50'	BODYPUMP SALA 2 55'	GAC SALA 2 50'	STEP SALA 2 50'	CROSSGIM C.EXTERIOR 50'		
18:00	ZUMBA SALA 1 50'	BODYATTACK SALA 1 45'	PILATES SALA 1 50'	TBC SALA 1 50'	CYCLING SALA 1 50'		
19:00	BODYPUMP SALA 2 55'	TBC SALA 2 50'	BODYPUMP SALA 2 55'	GAC SALA 2 50'	PILATES SALA 2 50'		
19:00	CYCLING SALA 1 50'	CROSSGIM C.EXTERIOR 50'	CYCLING SALA 1 50'	ZUMBA SALA 1 50'	CYCLING VIRTUAL SALA 1		
19:15	AIGUAGIM P.PETITA 45'		AIGUAGIM P.PETITA 45'				
20:00	ZUMBA SALA 2 50'	CYCLING SALA 1 50'	ZUMBA SALA 2 50'	BODYATTACK SALA 2 45'			
20:00	PILATES SALA 1 50'	BODYBALANCE SALA 2 55'	CROSSGIM C.EXTERIOR 50'	BODYBALANCE SALA 1 55'			
20:15		AIGUAGIM P.PETITA 45'		AIGUAGIM P.PETITA 45'			
21:00	CYCLING VIRTUAL SALA 1		CYCLING VIRTUAL SALA 1				

Centres Oficials

