

Horaris del 4 de setembre al 22 de desembre 2017

inici	final	espai	dilluns	dimarts	dimecres	dijous	divendres
7,05	7,50	sala 4		CYCLING			
7,05	8,00	sala 1				BODYPUMP	
8,00	8,55	sala 2			PILATES		
8,15	8,30	sala fitness	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS
8,30	8,55	sala 2	GAC				
8,30	8,55	sala 1					GAC
8,30	9,15	sala 4		CYCLING VIRTUAL		CYCLING VIRTUAL	
9,00	9,55	sala 2	TONIFICACIÓ		TBC	ZUMBA FITNESS	
9,00	9,25	sala 1	PILATES		GAC		ESTIRAMENTS
9,00	9,25	sala 2		GAC			
9,00	9,20	sala fitness	SYNRGY	SYNRGY	SYNRGY	SYNRGY	SYNRGY
9,30	10,15	sala 4	CYCLING VIRTUAL		CYCLING VIRTUAL		
9,30	9,55	sala 2		ESTIRAMENTS			
9,30	10,25	sala 1	BODYPUMP	ZUMBA FITNESS	PILATES	BODYPUMP	ZUMBA FITNESS
9,45	10,30	sala 4		CYCLING			CYCLING
10,00	10,55	sala 2	BALANCE	STEP	BALANCE		
10,00	10,25	sala 2				BALANCE	
10,00	10,15	sala fitness	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS
10,30	10,55	sala 2				HIPOPRESSIUS	
10,30	11,25	sala 1	GIM SUAU		GIM SUAU	ESTIRAMENTS	GIM SUAU
10,30	10,55	sala 1		GAC			
10,45	11,30	sala 4	CYCLING		CYCLING	CYCLING	
11,00	11,20	sala fitness	SYNRGY	SYNRGY	SYNRGY	SYNRGY	SYNRGY
11,00	11,25	sala 1		ESTIRAMENTS			
11,00	11,25	sala 2	HIPOPRESSIUS				
11,00	11,55	sala 2		PILATES	ZUMBA FITNESS	PILATES	
11,00	11,55	sala 3		IOGA		IOGA	
11,30	11,55	sala 1			TONIFICACIÓ		
11,30	12,25	sala 1	ZUMBA FITNESS				PILATES
12,00	12,25	sala 1			ESTIRAMENTS		
13,30	14,15	sala 4		CYCLING		CYCLING	
13,30	14,25	sala 1	BODYPUMP		ZUMBA FITNESS		
14,00	14,45	sala 4					CYCLING VIRTUAL
14,30	15,15	sala 4	CYCLING		CYCLING		
14,20	14,40	sala 1		CROSS			
14,45	15,10	sala 1		ESTIRAMENTS			
14,20	15,10	sala 1				BODYPUMP	
15,30	16,15	sala 4		CYCLING VIRTUAL		CYCLING VIRTUAL	
16,00	16,45	sala 4	CYCLING VIRTUAL		CYCLING VIRTUAL		
17,00	17,45	sala 4		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL
17,30	18,15	sala 4	CYCLING VIRTUAL		CYCLING VIRTUAL		
18,00	18,15	sala fitness	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS
18,00	18,55	sala 1					BODYCOMBAT
18,00	18,45	sala 4					CYCLING VIRTUAL
18,30	19,15	sala 4	CYCLING VIRTUAL		CYCLING VIRTUAL		
18,30	19,25	sala 1	BODYPUMP	AERÒBIC		TONIFICACIÓ	
18,30	18,55	sala 1			HIPOPRESSIUS		
19,00	19,20	sala fitness		SYNRGY		SYNRGY	SYNRGY
19,00	19,55	sala 1					BODYPUMP
19,00	19,25	sala 1			GAC		
19,00	19,55	sala 2	PILATES	BODYCOMBAT	BODYPUMP	STRONG	
19,00	19,45	sala 4					CYCLING VIRTUAL
19,30	19,50	sala fitness	SYNRGY		SYNRGY		
19,15	20,00	sala 4	CYCLING	CYCLING	CYCLING	CYCLING	
19,30	20,25	sala 1	ZUMBA FITNESS	PILATES	ZUMBA FITNESS	PILATES	
19,30	20,30	exterior		RUNNING		RUNNING	
19,30	20,30	sala 3	IOGA		IOGA		
20,00	20,15	sala fitness	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS
20,00	20,55	sala 1					ESTIRAMENTS
20,00	20,45	sala 4					CYCLING
20,00	20,55	sala 2	BODYCOMBAT	BODYPUMP	BODYCOMBAT	ESTIRAMENTS	
20,15	21,00	sala 4	CYCLING	CYCLING	CYCLING	CYCLING	
20,30	21,30	sala 3	IOGA		IOGA		
20,30	21,25	sala 1	BODYPUMP	ZUMBA FITNESS	STEP	BODYPUMP	
21,00	21,20	sala fitness	SYNRGY	SYNRGY	SYNRGY	SYNRGY	SYNRGY