



DILLUNS

DIMARTS

DIMECRES

DIJOUS

DIVENDRES

DISSABTE

6:30

BODY PUMP

SALA 2 GRAN

TBC

SALA 1

IOGA

SALA 1

6:30

7:00

CORE 30'

SALA FITNESS

CORE 30'

SALA FITNESS

7:00

8:00

CIRCUIT TRAINING

SALA FITNESS

BODY PUMP

SALA 2 GRAN

ESQUENA SANA

SALA 1

ZUMBA FITNESS

SALA 2 GRAN

CICLING VIRTUAL

SALA CICLING

8:00

9:30

AQUAGYM

Piscina

AQUAGYM

Piscina

AQUAGYM

Piscina

AQUAGYM

Piscina

AQUAGYM

Piscina

9:30

9:30

BODY PUMP 55'

SALA 2 GRAN

ZUMBA FITNESS

SALA 2

BODY PUMP 55'

SALA 2 GRAN

CICLING

SALA CICLING

ESQUENA SANA

SALA 1

9:30

9:30

TBC

SALA 1

PILATES

SALA 1

TBC

SALA 1

PILATES

SALA 1

CICLING VIRTUAL

SALA CICLING

9:30

10:30

BODY BALANCE

SALA 1

ESQUENA SANA

SALA 1

BODY BALANCE

SALA 1

ESQUENA SANA

SALA 1

10:30

10:30

CICLING

SALA CICLING

CICLING VIRTUAL

SALA CICLING

CICLING

SALA CICLING

ZUMBA FITNESS

SALA 1

BODY PUMP

SALA 1

CICLING

SALA CICLING

10:30

11:20

IOGA

SALA 1

HIPOPRESIVOS

SALA 1

PILATES INTENSIVE

SALA 1

CICLING VIRTUAL

SALA CICLING

11:20

11:30

CIRCUIT TRAINING

SALA FITNESS

11:30

15:15

AQUA-TONO

Piscina

AQUA-TONO

Piscina

15:15

15:30

TBC

SALA 1

PILATES

SALA 1

15:30

17:25

GAC 30'

SALA 1

TBC 30'

SALA 1

17:25

17:30

PILATES

SALA 1

CIRCUIT TRAINING

SALA 1

17:30

17:30

CICLING

SALA CICLING

CICLING VIRTUAL

SALA CICLING

CICLING

SALA CICLING

17:30

18:00

BODY PUMP 55'

SALA 2 GRAN

ZUMBA FITNESS

SALA 2 GRAN

CIRCUIT TRAINING 30'

SALA FITNESS

18:00

18:15

CORE 30'

SALA FITNESS

FLEXIBILIDAD 30'

SALA FITNESS

18:15

18:30

HIPOPRESIVOS

SALA 1

18:30

18:30

ZUMBA FITNESS

SALA 2 GRAN

ZUMBA FITNESS

SALA 2 GRAN

BODY PUMP

SALA 2 GRAN

18:30

19:00

ZUMBA FITNESS

SALA 2 GRAN

CIRCUIT TRAINING 30'

SALA FITNESS

BODY PUMP 55'

SALA 2 GRAN

CICLING VIRTUAL

SALA CICLING

19:00

19:00

STRONG
By zumba

SALA 1

RUNNING CLUB

EXTERIOR

BODY BALANCE

SALA 1

RUNNING CLUB

EXTERIOR

19:00

19:30

CICLING

SALA CICLING

CICLING

SALA CICLING

CICLING

SALA CICLING

CICLING

SALA CICLING

19:30

19:30

BODY PUMP

SALA 2 GRAN

BODY PUMP

SALA 2 GRAN

19:30

19:30

AQUAGYM

PISCINA

ESQUENA SANA

SALA 1

AQUAGYM

PISCINA

ESQUENA SANA

SALA 1

19:30

20:00

BODY BALANCE

SALA 1

STRONG
By zumba

SALA 1

CIRCUIT TRAINING

SALA 1

20:00

20:30

CICLING

SALA CICLING

BODY BALANCE

SALA 1

CICLING

SALA CICLING

BODY BALANCE

SALA 1

20:30

20:45

FLEXIBILIDAD 30'

SALA FITNESS

FLEXIBILIDAD 30'

SALA FITNESS

FLEXIBILIDAD 30'

SALA FITNESS

20:45