



HORARI FITNESS (REV. 2/11)



DILLUNS

DIMARTS

DIMECRES

DIJOUS

DIVENDRES

6:30	BODY PUMP		GAP		CICLO VIRTUAL	6:30
8:00		STRONG BACK		ZUMBA FITNESS		8:00
8:30	GAP		HIOPRESSIUS		HIOPRESSIUS	8:30
9:30	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	9:30
9:30	BODY BALANCE		GAP	BODY BALANCE	ZUMBA FITNESS	9:30
9:30	BODY PUMP	PILATES	BODY PUMP	CICLO INDOOR	CICLO VIRTUAL	9:30
10:30	GAP	CICLO INDOOR	BODY COMBAT	GAP	PILATES	10:30
10:30		AQUAZUMBA				10:30
15:30	BODY COMBAT	BODY PUMP	ZUMBA FITNESS	CICLO INDOOR	CICLO VIRTUAL	15:30
17:30	CICLO VIRTUAL	CICLO VIRTUAL	CICLO INDOOR	CICLO VIRTUAL	ZUMBA FITNESS	17:30
18:00	BODY PUMP	ZUMBA FITNESS	BODY PUMP	BODY BALANCE	CICLO INDOOR	18:00
18:15	PILATES	LES MILLS GRIT	PILATES	BODY PUMP		18:15
18:15				LES MILLS GRIT		18:15
18:30		CICLO INDOOR			BODY COMBAT	18:30
19:00	LES MILLS GRIT	RUNNING CLUB	LES MILLS GRIT	RUNNING CLUB		19:00
19:00					BODY PUMP	19:00
19:10	ZUMBA FITNESS	BODY BALANCE	BODY COMBAT	ZUMBA FITNESS		19:10
19:30		CICLO INDOOR	CICLO INDOOR			19:30
19:30		AQUATONO		AQUATONO		19:30
20:00	CICLO INDOOR			CICLO INDOOR		20:00
20:30						20:30