

HORARI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISABTE	DIUMENGE
07:10-07:55		HATHA IOGA	CICLO INDOOR	HATHA IOGA	CICLO INDOOR			
08:00-08:45	ESPAI CROSS	CROSS CNAB		CROSS CNAB	CROSS CNAB			
08:45-09:30	2		TAI-TXI		TAI-TXI			
09:00-09:45	1	PILATES			TONO			
	ESPAI CROSS	CROSS CNAB	CROSS CNAB			CROSS CNAB	CROSS CNAB	
10:00-10:45	CICLO	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR		CICLO INDOOR
	PISC. INTERIOR							
	1	TONO	BODYPUMP	TONIFICACIÓ	BODYPUMP	GAC	BODYPUMP	
	2	BANDHA PRANA	HATHA IOGA	BANDHA PRANA	HATHA IOGA	MASTERS	HATHA IOGA	HATHA IOGA
	OUTDOOR		NORDIC WALKING					CROSS CNAB
11:00-11:45	CICLO		CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	CICLO INDOOR
	2	TERA.POST.	MASTERS	PILATES	MASTERS	HATHA IOGA	HATHA IOGA	
	1	DANCE	DANCE	BODYPUMP	DANCE	BODYPUMP	GAC	PILATES
	OUTDOOR					NORDIC WALKING		
12:00-12:45	CICLO	BODYPUMP	HIIT TONE	DANCE	GAC	DANCE	DANCE	BODYPUMP
	ESPAI CROSS					CROSS CNAB		
	1	PILATES	PILATES	TERA.POST	PILATES	TERA.POST.		
13:00-13:45	1	GAC		GAC				
	CICLO							
	ESPAI CROSS		CROSS CNAB		CROSS CNAB			
	2	PRE-MUM		HATHA IOGA				
13:35-13:55	1		HIPOPRESSIUS		HIPOPRESSIUS			
14:10-14:55	CICLO	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		
	1	HIIT TONE	BODYPUMP		BODYPUMP			
	2	HATHA IOGA	PILATES	HATHA IOGA	PILATES			
	PISC. INTERIOR							
15:10-15:55	2	HATHA IOGA						
16:00-16:45	CICLO					PILATES		
17:00-17:45	1	GAC		GAC	HIIT TONE			
	CICLO							
	ESPAI CROSS							
	2		HATHA IOGA	BOOTPOOL		FITBOX	PILATES	
17:30-17:50	2	HIPOPRESSIUS		HIPOPRESSIUS				
18:00-18:45	CICLO	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		CICLO INDOOR	
	ESPAI CROSS	CROSS CNAB			CROSS CNAB			
	1	DANCE	BODYPUMP	DANCE	GAC	BODYPUMP		
	2	HATHA IOGA	PILATES	HATHA IOGA	PILATES	STRETCHING		
19:00-19:45	CICLO	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		
	ESPAI CROSS		CROSS CNAB	CROSS CNAB				
	1	FITBOX	GAC	FITBOX	BODYPUMP	GAC		
	2	PILATES	TAI-TXI	PILATES	TAI-TXI	HATHA IOGA		
20:00-20:45	ESPAI CROSS	CROSS CNAB	CROSS CNAB		CROSS CNAB			
	2	STRETCHING	HATHA IOGA	STRETCHING	PILATES			
	1	BODYPUMP	DANCE	BODYPUMP	FITBOX			
21:00-21:45	CICLO		HIIT TONE					
	1			HATHA IOGA				