

Inici	Dilluns	Dimarts	Dimecres	Dijous	Divendres
MATÍ					
7.00 h		RUN & FIT 50' exterior ***			
7.10 h	CROSS ENDURANCE 50' sala 1 ***	CROSS POWER 50' box ***	BODY FITNESS 50' sala 1 ***	TBC 50' sala 1 ***	CROSS ENDURANCE 50' sala 1 ***
8.00 h	ATLES CYCLING 50' pati ***	TBC 50' pati ***	EN FORMA 45' sala 2 **	ATLES CYCLING 50' pati ***	ATLES CYCLING virtual 50' sala CY ***
8.10 h	ESTIRAMENTS 45' sala 1 *	PILATES INICI 45' sala 1 *	GAC 45' pati **	IOGA 45' sala 1 *	EN FORMA 45' sala 1 **
8.10 h			ATLES CYCLING virtual 50' sala CY ***		
9.00 h	GIM SUAU 45' sala 1 *	EN FORMA 45' sala 1 **	ESTIRAMENTS 45' sala 1 *		ATLES CYCLING 50' pati ***
9.10 h	ZUMBA® 50' pati **	ATLES CYCLING 50' pati ***	ZUMBA® 50' pati **	GAC 45' sala 1 **	BODY FITNESS 50' sala 1 ***
10.00 h		ZUMBA® 50' pati **		ATLES CYCLING virtual 50' sala CY ***	
10.00 h	GIM SUAU 45' sala 1 *		GIM SUAU 45' sala 1 *	GIM SUAU 45' pati *	ESTIRAMENTS 45' sala 1 *
10.10 h	ATLES CYCLING 50' pati ***		EN FORMA 45' pati **	PILATES INICI 45' sala 1 *	ZUMBA® 50' pati **
11.00 h		ATLES CYCLING virtual 50' sala CY ***	ATLES CYCLING 50' pati ***		ATLES CYCLING virtual 50' sala CY ***
11.10 h	PILATES INICI 45' sala 1 *	CORE 45' sala 1 **		ZUMBA® 50' pati **	PILATES INICI 45' pati *
MIGDIA					
12.10 h	GAC 45' pati **	IOGA 45' sala 1 *	ZUMBA® 50' pati **	PILATES INICI 45' pati *	
12.10 h	ATLES CYCLING virtual 50' sala CY ***	13.10 h ATLES CYCLING virtual 50' ***		ATLES CYCLING virtual 50' sala CY ***	13.10 h ATLES CYCLING virtual 50' ***
13.10 h	EN FORMA 45' pati **	PILATES INICI 45' sala 1 *	GAC 45' pati **	BODY FITNESS 50' pati ***	EN FORMA 45' pati **
14.10 h	ATLES CYCLING 50' pati ***	POWERBOXING 50' sala 1 ***	ATLES CYCLING 50' pati ***	ZUMBA® 50' pati **	CROSS POWER 50' box ***
14.10 h		TBC 50' pati ***	BODY FITNESS 50' sala 1 ***		GAC 45' pati **
15.10 h	BODY FITNESS 50' sala 1 ***	GAC 45' sala 1 **	CROSS POWER 50' box ***		ATLES CYCLING 50' pati ***
15.10 h			ZUMBA® 50' pati **	CROSS ENDURANCE 50' sala 1 ***	TBC 50' sala 1 ***
TARDA					
16.10 h	ESTIRAMENTS 45' sala 1 *	EN FORMA 45' pati **	ATLES CYCLING virtual 50' sala CY ***	PILATES INICI 45' sala 1 *	
17.10 h	ATLES CYCLING virtual 50' sala CY ***	ZUMBA® 50' pati **	CORE 45' sala 1 **	EN FORMA 45' pati **	ATLES CYCLING virtual 50' sala CY ***
17.10 h	PILATES INICI 45' pati *	18 h BODY FITNESS 50' sala 1 ***			CORE 45' sala 1 **
18.00 h				ATLES CYCLING 50' pati ***	GAC 45' sala 1 **
18.10 h	TBC 50' sala 1 ***	GAC 45' pati **	PILATES INICI 45' sala 1 *	POWERBOXING 50' sala 1 ***	ZUMBA® 50' pati **
19.00 h	ATLES CYCLING 50' sala CY ***	ATLES CYCLING 50' pati ***	ATLES CYCLING 50' pati ***	19.10 h BODY FITNESS 50' sala 1 ***	ATLES CYCLING 50' pati ***
19.10 h	ZUMBA® 50' pati **	TBC 50' sala 1 ***	BODY FITNESS 50' sala 1 ***	ZUMBA® 50' pati **	BODY FITNESS 50' sala 1 ***
19.10 h	BODY FITNESS 50' sala 1 ***	CROSS POWER 50' box ***		CROSS POWER 50' box ***	
VESPRE / NIT					
20 h		ATLES CYCLING 50' sala CY ***	ATLES CYCLING 50' sala CY ***	ATLES CYCLING 50' sala CY ***	CROSS ENDURANCE 50' sala 1 ***
20.10 h	ATLES CYCLING 50' sala CY ***	RUN & FIT 50' ext. ***	POWERBOXING 50' sala 1 ***		
20.10 h	BODY FITNESS 50' sala 1 ***	ZUMBA® 50' sala 1 **		CROSS ENDURANCE 50' sala 1 ***	ZUMBA® 50' sala 2 **
21.10 h	CORE 45' sala 1 **	PILATES INICI 45' sala 1 *	ESTIRAMENTS 45' sala 1 *	IOGA 45' sala 1 *	
21.10 h	ATLES CYCLING virtual 50' sala CY ***	ATLES CYCLING virtual 50' sala CY ***	ATLES CYCLING virtual 50' sala CY ***	ATLES CYCLING virtual 50' sala CY ***	ATLES CYCLING virtual 50' sala CY ***

Dissabte

8.10 h	ACTIVITAT ROTATIVA	12.10 h	ACTIVITAT ROTATIVA	17.10 h	ATLES CYCLING virtual 50' sala CY ***
9.10 h	ATLES CYCLING virtual 50' sala CY ***	14.10 h	ATLES CYCLING virtual 50' sala CY ***	17.30 h	AQUATONO
10.10 h	ATLES CYCLING virtual 50' sala CY ***	15.10 h	ATLES CYCLING virtual 50' sala CY ***	18.30 h	ACTIVITAT ROTATIVA
11.10 h	ACTIVITAT ROTATIVA	16.10 h	ATLES CYCLING virtual 50' sala CY ***	19.30 h	ACTIVITAT ROTATIVA

Diumenge

8.10 h	ATLES CYCLING virtual 50' sala CY ***
9.10 h	ATLES CYCLING virtual 50' sala CY ***
10.10 h	ATLES CYCLING virtual 50' sala CY ***
11.00 h	ACTIVITAT ROTATIVA
12.00 h	ACTIVITAT ROTATIVA

*	ACTIVITATS DE BAIXA INTENSITAT
**	ACTIVITATS DE MITJANA INTENSITAT
***	ACTIVITATS D'ALTA INTENSITAT