



Matí							
Hora	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07:00	07:00 - 07:50 (Sala 3) <b>Cycling</b>		07:00 - 07:50 (Sala 3) <b>Cycling</b>				
		07:30 - 08:15 (Piscina 2) <b>Aqua Dynamic</b>		07:30 - 08:15 (Piscina 2) <b>Aquagim</b>			
		07:00 - 07:50 (Sala 1) <b>GAC</b>		07:00 - 07:50 (Sala 1) <b>Tono</b>	07:00 - 07:50 (Sala 1) <b>Bodypump</b>		
08:00	08:30 - 09:20 (Sala 1) <b>Tono</b>	08:30 - 09:20 (Sala 1) <b>Bodycombat</b>	08:30 - 09:20 (Sala 1) <b>TBC</b>	08:30 - 09:00 (Sala 1) <b>Cxworx</b>			
09:00	09:15 - 10:00 (Piscina 2) <b>Aqua Dynamic</b>	09:15 - 10:00 (piscina 2) <b>Aquagim</b>	09:15 - 10:00 (Piscina 2) <b>Aqua Dynamic</b>	09:15 - 10:00 (Piscina 2) <b>Aquagac</b>	09:15 - 10:00 (Piscina 2) <b>Aqua Dynamic</b>		
	09:30 - 10:20 (Sala 3) <b>Cycling</b>	09:30 - 10:20 (Sala 3) <b>Cycling</b>		09:30 - 10:20 (Sala 3) <b>Cycling</b>			
		09:30 - 10:20 (Sala Fitness) <b>Technogym - Easy Line</b>		09:30 - 10:20 (Sala Fitness) <b>Technogym - Easy Line</b>			
	09:30 - 10:20 (sala 1) <b>Dance</b>	09:30 - 10:20 (sala 1) <b>Step Nivell 2</b>	09:30 - 10:20 (Sala 1) <b>Bodypump</b>	09:30 - 10:20 (Sala 1) <b>Zumba</b>	09:30 - 10:20 (Sala 1) <b>Bodycombat</b>		
			09:30 - 10:20 (Sala 2) <b>GAC</b>		09:30 - 10:20 (Sala 2) <b>Corpore</b>		

Hora	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
10:00	10:30 - 11:00 (Sala 1) <b>Hipopresivo</b>	10:30 - 11:00 (Sala 1) <b>Abdominals</b>	10:30 - 11:00 (Sala 1) <b>Hipopresivo</b>	10:30 - 11:00 (Sala 1) <b>Abdominals</b>	10:30 - 11:00 (Sala 1) <b>Abdominals</b>	10:00 - 10:50 (sala 1) <b>Tono</b>	
11:00	11:00 - 11:45 (Piscina Petita) <b>Aquamaster</b>	11:00 - 11:45 (Piscina 1) <b>Aquaprofunda</b>	11:00 - 11:45 (Piscina Petita) <b>Aquamaster</b>	11:00 - 11:45 (Piscina 1) <b>Aquaprofunda</b>	11:00 - 11:45 (Piscina Petita) <b>Aquamaster</b>	11:00 - 11:50 (sala 1) <b>Bodycombat</b>	
<b>Tarda</b>							
13:00	13:30 - 14:20 (Sala 1) <b>GAC</b>	13:30 - 14:20 (Sala 1) <b>Bodycombat</b>	13:30 - 14:00 (Sala 1) <b>Cxworx</b>	13:30 - 14:20 (Sala 1) <b>Bodypump</b>			
	13:30 - 14:20 (Sala 3) <b>Cycling</b>	13:30 - 14:20 (Sala 3) <b>Cycling</b>		13:30 - 14:20 (Sala 3) <b>Cycling</b>	13:30 - 14:20 (Sala 3) <b>Cycling</b>		
14:00	14:30 - 15:00 (Sala 1) <b>Cxworx</b>	14:30 - 15:20 (Sala 1) <b>Step Nivell 2</b>	14:30 - 15:20 (Sala 1) <b>Bodypump</b>	14:30 - 15:20 (Sala 1) <b>Dance</b>	14:30 - 15:20 (Sala 1) <b>Bodycombat</b>		
15:00	15:15 - 16:05 (Sala 1) <b>Step Nivell 1</b>	15:15 - 15:45 (Sala 1) <b>Cxworx</b>		15:15 - 16:05 (Sala 1) <b>Bodycombat</b>	15:15 - 16:05 (Sala 1) <b>Bodypump</b>		

Hora	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
			15:15 - 16:05 (Sala 3) <b>Cycling</b>				
17:00	17:30 - 18:20 (Sala 1) <b>Bodypump</b>  17:30 - 18:20 (Sala 3) <b>Cycling</b>	17:30 - 18:20 (Sala 1) <b>TBC</b>	17:30 - 18:20 (Sala 1) <b>Bodycombat</b>	17:30 - 18:00 (Sala 1) <b>Cxworx</b>	17:30 - 18:20 (Sala 1) <b>GAC</b>		
18:00	18:30 - 19:15 (Piscina 2) <b>Aqua Dynamic</b>  18:30 - 19:20 (Sala 1) <b>Zumba</b>  18:30 - 19:20 (Sala 2) <b>GAC</b>  18:30 - 19:20 (Sala 3) <b>Cycling</b>	18:30 - 19:15 (Piscina 2) <b>Aquagac</b>  18:30 - 19:20 (Sala 1) <b>Corpore</b>  18:30 - 19:20 (Sala 2) <b>Bodycombat</b>  18:30 - 19:20 (Sala 3) <b>Cycling</b>	18:30 - 19:15 (Piscina 2) <b>Aqua Dynamic</b>  18:30 - 19:20 (Sala 1) <b>Bodypump</b>  18:30 - 19:20 (Sala 2) <b>HIIT</b>  18:30 - 19:20 (Sala 3) <b>Cycling</b>	18:30 - 19:15 (piscina 2) <b>Aquagim</b>  18:30 - 19:20 (sala 1) <b>Step Nivell 2</b>  18:30 - 19:20 (Sala 2) <b>GAC</b>  18:30 - 19:20 (Sala 3) <b>Cycling</b>	18:30 - 19:15 (Piscina 2) <b>Aqua Dynamic</b>  18:30 - 19:20 (Sala 1) <b>Bodycombat</b>  18:30 - 19:20 (Sala 3) <b>Cycling</b>		
19:00	19:15 - 20:00 (Piscina 2) <b>Aquagac</b>  19:30 - 20:20 (Sala 1) <b>Bodycombat</b>	19:15 - 20:00 (Piscina 2) <b>Aqua Dynamic</b>  19:30 - 20:20 (Sala 1) <b>Bodypump</b>	19:15 - 20:00 (Piscina 2) <b>Aquagim</b>  19:30 - 20:20 (Sala 1) <b>Zumba</b>	19:15 - 20:00 (Piscina 2) <b>Aqua Dynamic</b>  19:30 - 20:20 (sala 1) <b>Corpore</b>	19:30 - 20:20 (sala 1) <b>Bodypump</b>		

Hora	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
	19:30 - 20:20 (Sala 2) <b>Tono</b>	19:30 - 20:20 (Sala 2) <b>GAC</b>	19:30 - 20:00 (Sala 2) <b>Cxworx</b>	19:30 - 20:20 (Sala 2) <b>Bodycombat</b>			
	19:30 - 20:20 (Sala 3) <b>Cycling</b>	19:30 - 20:20 (Sala 3) <b>Cycling</b>	19:30 - 20:20 (Sala 3) <b>Cycling</b>	19:30 - 20:20 (Sala 3) <b>Cycling</b>	19:30 - 20:20 (Sala 3) <b>Cycling</b>		
<b>20:00</b>	20:30 - 21:20 (Sala 1) <b>Bodypump</b>	20:30 - 21:20 (Sala 1) <b>Zumba</b>	20:30 - 21:20 (sala 1) <b>GAC</b>	20:30 - 21:00 (sala 1) <b>Cxworx</b>	20:30 - 21:20 (Sala 1) <b>Zumba</b>		
	20:30 - 21:00 (Sala 2) <b>Abdominals</b>	20:30 - 21:00 (Sala 2) <b>Hipopresivo</b>	20:30 - 21:00 (Sala 2) <b>Abdominals</b>	20:30 - 21:00 (Sala 2) <b>Hipopresivo</b>	20:30 - 21:00 (Sala 2) <b>Abdominals</b>		
	20:30 - 21:20 (Sala 3) <b>Cycling</b>	20:30 - 21:20 (Sala 3) <b>Cycling</b>	20:30 - 21:20 (Sala 3) <b>Cycling</b>	20:30 - 21:20 (Sala 3) <b>Cycling</b>			
<b>21:00</b>	21:00 - 21:50 (Sala 2) <b>GAC</b>		21:00 - 21:50 (Sala 2) <b>Estiraments</b>	21:00 - 21:50 (sala 2) <b>Zumba</b>	21:00 - 21:50 (Sala 2) <b>Estiraments</b>		
		21:00 - 21:50 (Sala 1) <b>Bodycombat</b>					