

Matí

Hora	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07:00	07:00 - 07:50 (Sala 3) Cycling	07:30 - 08:15 (Piscina 2) Aqua Dynamic 07:00 - 07:50 (Sala 1) GAC	07:00 - 07:50 (Sala 3) Cycling	07:30 - 08:15 (Piscina 2) Aquagim 07:00 - 07:50 (Sala 1) Tono	07:00 - 07:50 (Sala 1) Bodypump		
08:00	08:30 - 09:20 (Sala 1) Tono	08:30 - 09:20 (Sala 1) Bodycombat	08:30 - 09:20 (Sala 1) TBC	08:30 - 09:00 (Sala 1) Cxworx			
09:00	09:15 - 10:00 (Piscina 2) Aqua Dynamic 09:30 - 10:20 (Sala 3) Cycling 09:30 - 10:20 (sala 1) Dance	09:15 - 10:00 (piscina 2) Aquagim 09:30 - 10:20 (Sala 3) Cycling 09:30 - 10:20 (Sala Fitness) Technogym - Easy Line 09:30 - 10:20 (sala 1) Step Nivell 2	09:15 - 10:00 (Piscina 2) Aqua Dynamic 09:30 - 10:20 (Sala 1) Bodypump 09:30 - 10:20 (Sala 2) GAC	09:15 - 10:00 (piscina 2) Aquagac 09:30 - 10:20 (Sala 3) Cycling 09:30 - 10:20 (Sala Fitness) Technogym - Easy Line 09:30 - 10:20 (Sala 1) Zumba	09:15 - 10:00 (Piscina 2) Aqua Dynamic 09:30 - 10:20 (Sala 1) Bodycombat 09:30 - 10:20 (Sala 2) Corpore		
10:00	10:30 - 11:00 (Sala 1) Hipopresivo	10:30 - 11:00 (Sala 1) Abdominals	10:30 - 11:00 (Sala 1) Hipopresivo	10:30 - 11:00 (Sala 1) Abdominals	10:30 - 11:00 (Sala 1) Abdominals	10:00 - 10:50 (sala 1) Bodypump	
11:00	11:00 - 11:45 (piscina petita) Aquamaster	11:00 - 11:45 (piscina 1) Aquaprofunda	11:00 - 11:45 (piscina petita) Aquamaster	11:00 - 11:50 (piscina 1) Cycling	11:00 - 11:45 (piscina petita) Aquamaster	11:00 - 11:50 (sala 1) Bodycombat	

Hora	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
Tarda							
13:00	13:30 - 14:20 (Sala 1) GAC	13:30 - 14:20 (Sala 1) Bodycombat	13:30 - 14:00 (Sala 1) Cxworx	13:30 - 14:20 (Sala 1) Bodypump			
	13:30 - 14:20 (Sala 3) Cycling	13:30 - 14:20 (Sala 3) Cycling		13:30 - 14:20 (Sala 3) Cycling	13:30 - 14:20 (Sala 3) Cycling		
14:00	14:30 - 15:00 (Sala 1) Cxworx	14:30 - 15:20 (Sala 1) Step Nivell 2	14:30 - 15:20 (Sala 1) Bodypump	14:30 - 15:20 (sala 1) GAC	14:30 - 15:20 (Sala 1) Bodycombat		
15:00	15:15 - 16:05 (sala 1) Zumba	15:15 - 15:45 (Sala 1) Cxworx		15:15 - 16:05 (Sala 1) Bodycombat	15:15 - 16:05 (Sala 1) Bodypump		
			15:15 - 16:05 (Sala 3) Cycling				
17:00	17:30 - 18:20 (Sala 1) Bodypump	17:30 - 18:20 (Sala 1) TBC	17:30 - 18:20 (Sala 1) Bodycombat	17:30 - 18:00 (sala 1) Cxworx	17:30 - 18:20 (Sala 1) GAC		
	17:30 - 18:20 (Sala 3) Cycling						
18:00	18:30 - 19:15 (Piscina 2) Aqua Dynamic	18:30 - 19:15 (Piscina 2) Aquagac	18:30 - 19:15 (Piscina 2) Aqua Dynamic	18:30 - 19:15 (piscina 2) Aquagim	18:30 - 19:15 (Piscina 2) Aqua Dynamic		
	18:30 - 19:20 (Sala 1) Zumba	18:30 - 19:20 (Sala 1) Corpore	18:30 - 19:20 (Sala 1) Bodypump	18:30 - 19:20 (sala 1) Step Nivell 2	18:30 - 19:20 (Sala 1) Bodycombat		
	18:30 - 19:20 (Sala 2) GAC	18:30 - 19:20 (Sala 2) Bodycombat	18:30 - 19:20 (SALA 2) Corpore	18:30 - 19:20 (Sala 2) GAC			
	18:30 - 19:20 (Sala 3) Cycling	18:30 - 19:20 (Sala 3) Cycling	18:30 - 19:20 (Sala 3) Cycling	18:30 - 19:20 (Sala 3) Cycling	18:30 - 19:20 (Sala 3) Cycling		
19:00	19:30 - 20:20 (Sala 1) Bodycombat	19:30 - 20:20 (Sala 1) Bodypump	19:30 - 20:20 (Sala 1) Zumba	19:30 - 20:20 (sala 1) Corpore	19:30 - 20:20 (sala 1) Bodypump		
	19:30 - 20:20 (Sala 2) Tono	19:30 - 20:20 (Sala 2) GAC	19:30 - 20:00 (Sala 2) Cxworx	19:30 - 20:20 (Sala 2) Bodycombat			
	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling		
		19:15 - 20:00 (piscina 2) Aqua Dynamic		19:15 - 20:00 (piscina 2) Aqua Dynamic			

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