

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
07:00h. PILATES Sala 1	07:00h. ESTIRAMENTS Sala 1	07:00h. CARDIO CIRCUIT Sala 1	07:00h. ESTIRAMENTS Sala 1	07:00h. ZUMBA Sala 1	
08:10h. TRAINING CIRCUIT Sala 1	08:10h. ZUMBA Sala 1	08:10h. PILATES Sala 1	08:10h. TONO Sala 1	08:10h. BIKE Sala 3	
08:10h. BIKE Sala 3					
09:15h. MANTENIMENT Sala 1	09:15h. ZUMBA Sala 1	09:15h. MANTENIMENT Sala 1	09:15h. GAC Sala 1	09:15h. PILATES Sala 1	09:15h. - 11:15h. RUNNING Exterior
	09:15h. HIPOPRESSIUS Sala 2	09:15h. BIKE Sala 3	09:15h. HIPOPRESSIUS Sala 2		
10:15h. GAC Sala 1	10:15h. PILATES Sala 1 o exterior	10:15h. BODYTONO Sala 1	10:15h. PILATES Sala 2	10:15h. BODYTONO Sala 1	10:15h.-11:45h. ESPECIAL BIKE Sala 3
11:15h. HIPOPRESSIUS Sala 1	11:15h. IOGA Sala 1 o exterior	11:15h. HIPOPRESSIUS Sala 1			
16:15h. TONO Sala 1		16:15h. BODYTONO Sala 1			
17:30h. GAC Sala 1	17:30h. PILATES Sala 1	17:30h. TONO Sala 1	17:30h. ZUMBA Sala 1	17:30h. GAC Sala 1	
18:00h. CARDIO HIIT (30') Sala 3	18:00h.-19:30h. RETO BIKE Sala 3	18:00h. CARDIO HIIT (30') Sala 3	18:00h. CARDIO HIIT (30') Sala 3	18:00h. CARDIO HIIT (30') Sala 3	
18:30h. TONO Sala 1	18:30h. GAC Sala 1	18:30h. TONO Sala 1	18:30h. GAC Sala 1	18:30h. HIPOPRESSIUS Sala 1	
18:30h. BIKE Sala 3		18:30h. BIKE Sala 3	18:30h. BIKE Sala 3	18:30h. BIKE Sala 3	
	18:30h - 20:00h RUNNING Exterior		18:30h - 20:00h RUNNING Exterior		
19:30h. BODYTONO Sala 1	19:30h. TONO Sala 1	19:30h. BODYTONO Sala 1	19:30h. BODYTONO Sala 1	19:30h. IOGA Sala 1	
19:30h. BIKE Sala 3	19:30h. BIKE Sala 3	19:30h. BIKE Sala 3	19:30h. BIKE Sala 3	19:30h. BIKE Sala 3	
20:30h. PILATES Sala 1	20:30h. BODYTONO Sala 1	20:30h. PILATES Sala 1	20:30h. ZUMBA Sala 1		



SALA 1	Sala d'activitats dirigides Pavelló
SALA 2	Sala d'arts marciais Pavelló
SALA 3	Sala de cycling Pavelló
Exterior	

- Totes les activitats tenen una durada aproximada de 55', excepte les especificades.
- Cal portar tovallola a totes les classes.
- Es recomanable descansar entre sessions, portar aigua i anar hidratant-se.