



HORARIS D'ESTIU - Del 09 al 15 de setembre

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:00h. PILATES	07:00h. ESTIRAMENTS		07:00h. ESTIRAMENTS	07:00h. ZUMBA
08:10h. TRAINING CIRCUIT	08:10h. MANTENIMENT		08:10h. MANTENIMENT	08:10h. BIKE
08:10h. BIKE				
09:15h. ZUMBA			09:15h. GAC	09:15h. PILATES
09:15h. MANTENIMENT	09:15h. HIPOPRESSIUS		09:15h. PILATES	
10:15h. GAC			10:15h. THERABAN	10:15h. GAC
	10:15h. PILATES		10:15h. HIPOPRESSIUS	
11:15h. HIPOPRESSIUS	11:15h. IOGA		11:15h. ESTIRAM-RELAX	11:15h. THERABAN
17:30h. GAC	17:30h. PILATES		17:30h. BIKE	17:30h. BIKE
18:30h. TONO	18:30h. THERABAN		18:30h. ZUMBA	18:30h. ZUMBA
18:30h. BIKE	18:30h - 20:00h RUNNING		18:30h - 20:00h RUNNING	
19:30h. CARDIO HIIT	19:30h. CARDIO HIIT		19:30h. POWER PUMP	19:30h. TONO
19:30h. CAPOEIRA				19:30h. CAPOEIRA
20:30h. PILATES	20:30h. ESTIRAM-RELAX			

DISSABTE

08:30h. - 12:00h.
RUNNING
10:15h.-11:45h.
ESPECIAL BIKE
Dissabtes
dies imparells

SALES

Sala d'activitats dirigides
Sala polivalent
Sala de cycling
Sala de fitness
Exterior

OBSERVACIONS

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