



NOU HORARI A PARTIR DEL DILLUNS 13 DE GENER DE 2020

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:00h. PILATES	07:00h. ESTIRAMENTS	07:00h. CARDIO CIRCUIT	07:00h. ESTIRAMENTS	07:00h. ZUMBA
08:10h. TRAINING CIRC.	08:10h. MANTENIMENT	08:10h. GLUTEBOOM	08:10h. MANTENIMENT	08:10h. TONO
09:15h. ZUMBA	09:15h. TBC	09:15h. MANTENIMENT	09:15h. GAC	09:15h. PILATES
09:15h. MANTENIMENT	09:15h. HIPOPRESSIUS	09:15h. PILATES	09:15h. PILATES	
10:15h. GAC	10:15h. PILATES	10:15h. TONO	10:15h. THERABAN	10:15h. GAC
17:30h. GAC	17:30h. PILATES	17:30h. THERABAN	17:30h. ZUMBA	17:30h. ZUMBA
		17:30h. IOGA		17:30h. IOGA-PILATES
	18:00h.-19:30h. RETO BIKE			
18:30h. TONO	18:30h. THERABAN	18:30h. TONO	18:30h. ZUMBA	18:30h. ZUMBA
18:30h. BIKE	18:30h - 20:00h RUNNING	18:30h. HIPOPRESSIUS	18:30h - 20:00h RUNNING	18:30h. HIPOPRESSIUS
		18:30h. BIKE	18:30h. - 20:00h. RETO BIKE	18:30h. - 20:00h. BIKE 90'
19:30h. BIKE	19:30h. ZUMBA	19:30h. BIKE	19:30h. POWER PUMP	19:30h. TONO
19:30h. CAPOEIRA		19:30h. CAPOEIRA		19:30h. CAPOEIRA
20:30h. PILATES	20:30h. ESTIRAM-RELAX	20:30h. PILATES		

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

Exterior

OBSERVACIONS

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