

## MATÍ

## MIGDIA

## TARDA

## VESPRE

## CAP DE SETMANA

		DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
06:25 - 07:15	CYC	CYCLING_PIXIN		CYCLING_PIXIN		
06:35 - 07:25	S.1					BODYPUMP_VANE
06:35 - 07:25	FIT	SKILL ATH_ANNA G.		SKILL ATH_ANNA G.		
06:35 - 07:50	PG			MÀSTERS_PETER		
07:30 - 08:20	PG		NATACIÓ G._ALMUDENA		NATACIÓ G._ALMUDENA	
07:30 - 08:20	CYC	CYCLING_ADRIAN		CYCLING_ADRIAN		CYCLING_ADRIAN
07:40 - 08:30	S.1				BODYPUMP_VANESA	
07:40 - 08:30	S.2		PILATES_JOSÉ LUIS			
08:00 - 08:25	TAT		HIPOPRESSIUS_ANNA G.			
09:05 - 09:55	S2	IOGA_NÚRIA	PILATES_JOSÉ LUIS	IOGA_NÚRIA	PILATES_JOSÉ LUIS	
09:10 - 10:00	PP	AQUADYNA_VANESA		AQUATONO_MARTA		AQUAPILATES_MARTA
09:15 - 10:05	S.1	ZUMBA_JOSÉ LUIS		ZUMBA_ANA	BODY PUMP_ANA	TONO_JOSÉ LUIS
09:15 - 09:45	S.1		CXWORX_ANA			
09:45 - 10:05	S.1		PILATES FLEX_ANA			
09:25 - 10:15	CYC	CYCLING_ANA		CYCLING_EVA		CYCLING_ADRIAN
10:10 - 11:00	S.2	ESQUENA_ALMUDENA	BALANCE_ANNA G.	ESQUENA_ALMUDENA		
10:10 - 11:00	PG		ESQUENA S._VANESA		ESQUENA S._VANESA	
10:15 - 11:05	PP	AQUATONO_VANESA		AQUADYNA_MARTA		
10:20 - 11:10	S.1	BODYPUMP_JOSÉ LUIS		BODYPUMP_ANA		
10:20 - 10:50	S.1					CXWORX_ANA
10:50 - 11:00	S.1					PILATES FLEX_ANA
10:25 - 11:15	CYC		CYCLING_TONI		CYCLING_TONI	
14:00 - 14:25	TAT			HIPOPRESSIUS_ANNA G.		
14:10 - 15:00	S.1	ZUMBA_ANA	BODYPUMP_SERGI	ZUMBA_JOSÉ LUIS	BODYPUMP_JOSÉ LUIS	B. COMBAT_TONI
14:15 - 15:05	S.2	BALANCE_LORENA			HATHA IOGA_LUIS	PILATES_ANA
14:15 - 15:05	PG	NATACIÓ G._MARTA				NATACIÓ G._VANESA
14:15 - 15:05	PP		AQUATONO_ALMUDENA			
14:20 - 15:10	CYC	CYCLING_TONI		CYCLING_TONI		
14:30 - 15:20	CYC		CYCLING_KIKE		CYCLING_KIKE	CYCLING_ROGER
14:30 - 15:00	FIT					CXWORX_LORENA
14:30 - 15:10	POL				HBX BOXING_ANA	
14:30 - 15:30	FIT			SKILL ATH_ISAAC		
15:30 - 16:20	S.2		PILATES_LLÚCIA			
15:30 - 16:20	S.1	BODYPUMP_EVA		LATINO_XAVI	ZUMBA_ANA	TONO_ANA
15:35 - 16:25	PP	AQUATONO_VANESA		AQUADYNA_VANESA		
15:35 - 16:25	CYC		CYCLING_ANA		CYCLING_SERGI	
16:45 - 17:45	FIT					SKILL ATH_ROGER
16:50 - 17:40	S.1	PILATES_LLÚCIA	BODYPUMP_TONI	PILATES_LLÚCIA	BODYPUMP_DAVID	
17:00 - 17:50	S.2				BALANCE_ANNA G.	
17:00 - 17:45	CYC	CYCLING_KIKE		CYCLING_KIKE		
17:30 - 18:30	FIT	SKILL ATH_DAVID	SKILL ATH_CHICHO			
17:45 - 18:30	CYC		CYCLING_KIKE		CYCLING_KIKE	
17:55 - 18:45	S.1	LATINO_XAVI	TONO_LORENA	LATINO_XAVI	TONO_LORENA	BODYPUMP_ROGER
18:05 - 18:45	POL			HBX BOX._TONI		
18:00 - 18:45	CYC	CYCLING_KIKE		CYCLING_KIKE		CYCLING_TONI
18:05 - 18:55	S.2		ESQUENA_GERARD		ESQUENA_GERARD	PILATES_NÚRIA
18:50 - 19:40	S.2	ESQUENA_SERGI		ESQUENA_SERGI		
19:10 - 20:00	S.2		PILATES_LLÚCIA		PILATES AV._LLÚCIA	
19:00 - 19:50	S.1	BODYPUMP_KIKE	ZUMBA_ANA	BODYPUMP_KIKE	ZUMBA_ANA	TONO_GERARD
19:00 - 19:45	CYC	CYCLING_TONI	CYCLING_TONI	CYCLING_TONI	CYCLING_PIXIN	CYCLING_TONI
19:20 - 20:10	PP	AQUATONO_LORENA		AQUADYNA_LORENA		ESQUENA S._LORENA
19:30 - 20:00	FIT	CXWORX_GERARD			CXWORX_GERARD	
20:15 - 20:45	FIT			TRX_TONI		
20:00 - 20:45	CYC	CYCLING_PETER	CYCLING_TONI	CYCLING_PETER	CYCLING_PIXIN	CYCLING_DAVID
20:00 - 21:30	S.2	IOGA_NÚRIA		IOGA_NÚRIA		
20:00 - 20:25	TAT				HIPOPRESSIUS_LORENA	
20:05 - 20:55	S.1	BOOP CAMP_GERARD	BODYPUMP_PETER	BOOT CAMP_DAVID	BODYPUMP_PETER	ZUMBA_SÍLVIA
20:15 - 21:05	S.2		B. COMBAT_LORENA		BALANCE_ANNA G.	
20:15 - 21:05	PG	NATACIÓ G._MARTA		NATACIÓ G._GERARD		
20:30 - 21:30	FIT				SKILL ATH_CHICHO	
21:00 - 21:45	CYC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING_ROGER	CYCLING VIRTUAL	CYCLING VIRTUAL
21:00 - 22:15	PP		MÀSTERS_PETER		MÀSTERS_PETER	
21:10 - 22:00	S.1	ZUMBA_SÍLVIA	BALANCE_ANNA G.	ZUMBA_SÍLVIA		
		DISSABTE	DIUMENGE			
10:00 - 10:50	S.1	BODYPUMP_ANA/DAVID				
10:30 - 11:20	CYC		CYCLING_SERGI/RICHI			
11:00 - 11:50	CYC	CYCLING_ANA/DAVID				
11:30 - 12:20	S.1		BODY PUMP_SERGI/RICHI			
12:10 - 13:00	CYC	CYCLING_ANA/DAVID				
12:30 - 13:20	CYC		CYCLING_SERGI/RICHI			
18:00 - 18:50	S.1	BODYPUMP_ROGER/TONI				
18:05 - 19:05	CYC		CYCLING VIRTUAL			
18:30 - 19:00	FIT	CXWORX_VERO/JOEL	CXWORX_VERO/JOEL			
19:00 - 19:50	CYC	CYCLING_ROGER/TONI				
19:10 - 20:10	CYC		CYCLING VIRTUAL			

**HORARI**  
ACTIVITATS DIRIGIDES

**AGOST**

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