AADD EKKE

DILLUNS		Sala	DIMARTS		Sala	DIMECRES		Sala	DIJOUS		Sala	DIVENDRES		Sala	DISSABTE		ala	DIUMENGE		Sala
06:15	CYCLING	CYCLING				06:15	CYCLING	CYCLING												
	SKILL ATHLETICS	SKILL	06:15	LM CORE+FLEX	SALA I				06:15	SKILL ATHLETICS	SKILL	06:15	BODY PUMP	SALA I						
06:30	NATACIÓ MÀSTERS	PISCINA				06:30	ESQUENA EN FORMA	SALA 2												
							NATACIÓ MÀSTERS	PISCINA												
7:00	BOMBERS	POLIVALENT				7:00	BOMBERS	POLIVALENT												
07:15	LM CORE	SALA I	07:15	CYCLING	PARKING	07:15	SKILL ATHLETICS	SKILL	07:15	CYCLING	PARKING	07:15	CYCLING	PARKING						
			07:30	PILATES	SALA I	07:30	AQUADYNAMIC	PISCINA	07:30	HIPOPRESSIUS	TATAMI	07:30	BODY BALANCE	SALA 2						
				NATACIÓ GUIADA	PISCINA					NATACIÓ GUIADA	PISCINA									
										BODY PUMP	SALA I									
8:00	BOMBERS	POLIVALENT				8:00	BOMBERS	POLIVALENT												
09:15	ZUMBA	SALA I	09:15	PILATES	SALA I	09:15	SH'BAM	SALA I	09:15	BODY PUMP	SALA I	09:15	TONO	SALA I						
	IOGA	SALA 2		LM CORE+FLEX	SALA 2		IOGA	SALA 2		PILATES	SALA 2		AQUAPILATES	PISCINA						
	AQUADYNAMIC	PISCINA		AQUAPILATES	PISCINA		AQUATONO	PISCINA					CYCLING	PARKING						
	SKILL ATHLETICS	SKILL					SKILL ATHLETICS	SKILL												
	CYCLING	PARKING					CYCLING	PARKING												
															10:00	BODY PUMP	SALA I			
																HATHA IOGA	SALA 2			
10:15	BODY PUMP	SALA I	10:15	ESQUENA SANA	PISCINA	10:15	BODY PUMP	SALA I	10:15	ESQUENA SANA	PISCINA	10:15	BODY COMBAT	SALA I						
	ESQUENA EN FORMA	SALA 2		TONO	SALA I		ESQUENA EN FORMA	SALA 2		ZUMBA	SALA I		BODY BALANCE	SALA 2						
	AQUATONO	PISCINA		BODY BALANCE	SALA 2		AQUADYNAMIC	PISCINA		ESQUENA EN FORMA	SALA 2									
	HIPOPRESSIUS	TATAMI		CYCLING	PARKING					CYCLING	PARKING									
				HBX BOXING	POLIVALENT															
																		10:30	CYCLING	PARKING
11:10	AQUASALUT	PISCINA	11:10	AQUAGYM	PISCINA	11:10	AQUASALUT	PISCINA	11:10	AQUAGYM	PISCINA				11:00	CYCLING	PARKING			
11:15	SALUT I VIDA	SALA I	11:15	SALUT I VIDA ESQUENA	SALA I	11:15	SALUT I VIDA BALL	SALA I	11:15	SALUT I VIDA ESQUENA	SALA I	11:15	SALUT I VIDA	SALA I				11:30	BODY PUMP	SALA I
12:10	AQUASALUT	PISCINA	12:10	AQUAGYM	PISCINA	12:10	AQUASALUT	PISCINA	12:10	AQUAGYM	PISCINA	11:15	IOGA SENIOR	SALA 2	12:00	ZUMBA/SH'BAM	SALA I	12:30	CYCLING	PARKING
			12:15	CYCLING+SENIOR	PARKING															
13:10	PILATES	SALA 2	13:10	LM CORE+FLEX	SALA I	13:10	PILATES AVANÇAT	SALA 2	14:00	LM CORE	SALA 2									
14:10	SH'BAM	SALA I	14:10	BODY PUMP	SALA I	14:10	ZUMBA	SALA I	14:10	BODY PUMP	SALA I	14:10	BODY COMBAT	SALA I						
				RUNNING	OUTDOOR															
14:15	BODY BALANCE	SALA 2				14:15	VINYASA IOGA	SALA 2	14:15	AQUADYNAMIC	PISCINA	14:15	PILATES	SALA 2						
	NATACIÓ GUIADA	PISCINA	14:15	AQUATONO	PISCINA		SKILL ATHLETICS	SKILL					NATACIÓ GUIADA	PISCINA						
													SKILL ATHLETICS	SKILL						
14:30	CYCLING	PARKING	14:30	CYCLING	PARKING	14:30	CYCLING	PARKING	14:30	CYCLING	PARKING	14:30	CYCLING	PARKING						
	FIT PADEL	PADEL6/C.FUT		HBX BOXING	POLIVALENT		TRX	FITNESS		HBX BOXING	POLIVALENT		TRX	FITNESS						
				HIPOPRESSIUS	TATAMI				14:35	HIPOPRESSIUS	TATAMI									
15:30	BODY PUMP	SALA I	15:30	LM CORE+FLEX	SALA I	15:30	LATINO I	SALA I	15:30	ZUMBA	SALA I	15:30	TONO	SALA I						
	BODY BALANCE	SALA 2		PILATES	SALA 2		HBX BOXING	POLIVALENT		CYCLING	PARKING		AQUAPILATES	PISCINA						
	AQUATONO	PISCINA		CYCLING	PARKING		AQUADYNAMIC	PISCINA												
16:30	HIPOPRESSIUS	TATAMI																		
17:00	PILATES	SALA I	17:00	BODY PUMP	SALA I	17:00	HIPOPRESSIUS	TATAMI	17:00	BODY PUMP	SALA I	17:00	VINYASA IOGA	SALA 2						
	CYCLING	PARKING		VINYASA IOGA	SALA 2		PILATES	SALA I		BODY BALANCE	SALA 2		SKILL ATHLETICS	SKILL	17:30	BODY PUMP	SALA I	17:30	CYCLING VIRTUAL	SALA CYCLING
	OMNIA	FITNES		CYCLING	PARKING		CYCLING	PARKING		CYCLING JUNIOR	CYCLING		HBX BOXING	POLIVALENT						
				LM CORE	FITNES						FITNES									
17:05	BODY COMBAT	SALA 2																		
17:30	SKILL ATHLETICS	SKILL							17:30	SKILL ATHLETICS	SKILL									
						17:40	ESQUENA EN FORMA	TATAMI												
							SKILL TEENS	SKILL												
			17:45	JUDO N1	TATAMI				17:45	JUDO N1	TATAMI									
18:00	LATINO II	SALA I	18:00	ESQUENA EN FORMA	SALA 2	18:00	LATINO II	SALA I	18:00	ESQUENA EN FORMA	SALA 2	18:00	BODY PUMP	SALA I	18:30	CYCLING	PARKING	19:30	CYCLING VIRTUAL	SALA CYCLING
	CYCLING	PARKING		CYCLING	PARKING		CYCLING	PARKING		CYCLING	PARKING		CYCLING	PARKING						
	BODY PUMP	CARPES		HBX BOXING	POLIVALENT		ATLETISME INFANTIL	OUTDOOR/SALA 2		FUTBOL	C.FUTBOL									
	RUN JUNIOR	OUTDOOR		SKILL ATHLETICS	SKILL		FIT PADEL	PADEL6/C.FUT												
	BOMBERS	POLIVALENT					BOMBERS	POLIVALENT												
18:05	ESQUENA EN FORMA	SALA 2	18:05	TONO	SALA I				18:05	TONO	SALA I	18:05	PILATES	SALA 2						
													SKILL ATHLETICS	SKILL						
18:30	LM CORE	FITNES				18:30	LM CORE	FITNES												
			18:45	JUDO N2	TATAMI				18:45	JUDO N2	TATAMI									
19:00	BODY PUMP	SALA I	19:00	BODY PUMP	CARPES	19:00	BODY PUMP	SALA I	19:00	PILATES AVANÇAT	SALA 2	19:00	TONO	SALA I						
	CYCLING	PARKING		PILATES	SALA 2		TRX	FITNES		CYCLING	PARKING		CYCLING	PARKING						
	BOMBERS	POLIVALENT		CYCLING	PARKING		CYCLING	PARKING		SKILL ATHLETICS	SKILL									
				FIT PADEL	PADEL6/C.FUT		BOMBERS	POLIVALENT												
							SKILL ATHLETICS													
19:05	BODY BALANCE	SALA 2	19:05	ZUMBA	SALA I	19:05	ESQUENA EN FORMA	SALA 2	19:05	SH'BAM	SALA I	19:05	IOGA	SALA 2						
	SKILL ATHLETICS	SKILL						SKILL												
			19:15	TRX	FITNES															
19:20	AQUADYNAMIC	PISCINA	19:20	AQUATONO	PISCINA	19:20	AQUADYNAMIC	PISCINA	19:20	AQUATONO	PISCINA	19:20	ESQUENA SANA	PISCINA						
				NATACIÓ GUIADA	PISCINA					NATACIÓ GUIADA	PISCINA									
						19:30	HIPOPRESSIUS	TATAMI												
20:00	BOMBERS	POLIVALENT	20:00	BODY COMBAT	SALA 2	20:00	BOOT CAMP	SALA I	20:00	BODY BALANCE	SALA 2	20:00	ZUMBA	SALA I						
	BOOT CAMP	SALA I		CYCLING	PARKING		CYCLING	PARKING		CYCLING	PARKING		CYCLING	PARKING						
	CYCLING	PARKING		HBX BOXING	POLIVALENT		BOMBERS	POLIVALENT												
	HIPOPRESSIUS	TATAMI																		
20:05	IOGA	SALA 2	20:05	BODY PUMP	SALA I	20:05	IOGA	SALA 2	20:05	BODY PUMP	SALA I									
				RUNNING	OUTDOOR		RUNNING	OUTDOOR		RUNNING	OUTDOOR									
			20:15	SKILL ATHLETICS	SKILL	20:15	NATACIÓ GUIADA	PISCINA	20:15	SKILL ATHLETICS	SKILL									
				JIUJITSU	TATAMI					JIUJITSU	TATAMI									
20:30	OMNIA	FITNES	20:15	NATACIÓ MÀSTERS	PISCINA				20:15	NATACIÓ MÀSTERS	PISCINA									
21:00	SH'BAM	SALA I				21:00	ZUMBA	SALA I												
							OMNIA	FITNES												