PARRILLA AADD EKKE

DILLUNS	Sala	DIMARTS	Sala	DIMECRES	Sala	DIJOUS	Sala	DIVENDRES	Sala	SABADO	Sala	DOMINGO	Sala
06:15 CYCLING	CICLO			06:15 CYCLING	CICLO								
SKILL ATHLETICS	SKILL	06:15 LM CORE+FLEX	SALA 1			06:15 SKILL ATHLETICS	SKILL	06:15 BODY PUMP	SALA 1				
06:30 NATACIÓ MÀSTERS	PISCINA					06:30 ESQUENA EN FORMA	SALA 2						
				06:30 NATACIÓ MÀSTERS	PISCINA								
07:15 LM CORE+FLEX	SALA 1			07:15 SKILL ATHLETICS	SKILL			07:15 CYCLING	CICLO				
07:20 CYCLING	CICLO			07:20 CYCLING	CICLO								
		07:30 PILATES	SALA 1			07:30 HIPOPRESSIUS	TATAMI	07:30 BODY BALANCE	SALA 2				
		NATACIÓ GUIADA	PISCINA	07:30 AQUADYNAMIC	PISCINA	NATACIÓ GUIADA	PISCINA						
						BODY PUMP	SALA 1						
		8:00 BOOT CAMP	HUB			8:00 BOOT CAMP	HUB						
		RUNNING	OUTDOOR										
09:15 ZUMBA	SALA 1	09:15 PILATES	SALA 1	09:15 SH'BAM	SALA 1	09:15 BODY PUMP	SALA 1	09:15 TONO	SALA 1				
IOGA	SALA 2	LM CORE+FLEX	SALA 2	IOGA	SALA 2	PILATES	SALA 2	AQUAPILATES	PISCINA				
AQUADYNAMIC	PISCINA	AQUAPILATES	PISCINA	AQUATONO	PISCINA			CYCLING	CICLO				
SKILL ATHLETICS	SKILL			SKILL ATHLETICS	SKILL			ZUMBA	SALA 2				
CYCLING	CICLO			CYCLING	CICLO								
										10:00 BODY PUMP	SALA 1		
										HATHA IOGA	SALA 2		
10:15 BODY PUMP	SALA 1	10:15 ESQUENA SANA	PISCINA	10:15 BODY PUMP	SALA 1	10:15 ESQUENA SANA	PISCINA	10:15 BODY COMBAT	SALA 1				
ESQUENA EN FORMA	SALA 2	TONO	SALA 1	ESQUENA EN FORMA	SALA 2	ZUMBA	SALA 1	BODY BALANCE	SALA 2				
AQUATONO	PISCINA	BODY BALANCE	SALA 2	AQUADYNAMIC	PISCINA	ESQUENA EN FORMA	SALA 2						
HIPOPRESSIUS	TATAMI	CYCLING	CICLO			CYCLING	CICLO						
		HBX BOXING	HUB			BOOT CAMP	HUB						
10:30 PADEL&COFFEE	PADEL 2			10:30 PADEL&COFFEE	PADEL 2			10:30 PADEL&COFFEE	PADEL 2			10:30 CYCLING	CICLO
11:10 AQUASALUT	PISCINA	11:10 AQUAGYM	PISCINA	11:10 AQUASALUT	PISCINA	11:10 AQUAGYM	PISCINA			11:00 CYCLING	CICLO		
												11:30 BODY PUMP	SALA 1
11:15 SALUT I VIDA	SALA 1	11:15 SALUT I VIDA ESQUENA	SALA 1	11:15 SALUT I VIDA BALL	SALA 1	11:15 SALUT I VIDA ESQUENA	SALA 1	11:15 SALUT I VIDA	SALA 1				
		11:15 SALUT I VIDA ESQUENA	SALA 2	12:15 SALUT I VIDA BALL	SALA 1	12:15 SALUT I VIDA ESQUENA	SALA 2	11:15 IOGA SENIOR	SALA 2	12:10 ZUMBA	SALA 1	12:30 CYCLING	CICLO
12:10 AQUASALUT	PISCINA	12:10 AQUAGYM	PISCINA	12:10 AQUASALUT	PISCINA	12:10 AQUAGYM	PISCINA						
13:10 PILATES	SALA 2			13:10 PILATES	SALA 2	14:00 LM CORE	SALA 2	12:00 PADEL&BRUNCH	PADEL 2				
14:10 SH'BAM	SALA 1	14:10 BODY PUMP	SALA 1	14:10 ZUMBA	SALA 1	14:10 BODY PUMP	SALA 1	14:10 BODY COMBAT	SALA 1				
		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			SKILL ATHLETICS	SKILL				
				NATACIÓ MÀSTERS	PISCINA			AQUATRAINING	PISCINA				
14:30 CYCLING	CICLO	14:30 CYCLING	CICLO	14:30 CYCLING	CICLO	14:30 CYCLING	CICLO	14:30 CYCLING	CICLO				
BOOT CAMP	HUB	HBX BOXING	HUB	TRX	FITNESS	HBX BOXING	HUB	TRX	FITNESS				
		HIPOPRESSIUS	TATAMI			14:35 HIPOPRESSIUS	TATAMI						
15:30 BODY PUMP	SALA 1	15:30 LM CORE+FLEX	SALA 1	15:30 LATINO I	SALA 1	15:30 ZUMBA	SALA 1	15:30 TONO	SALA 1				
BODY BALANCE	SALA 2	PILATES	SALA 2	HBX BOXING	HUB	CYCLING	CICLO	AQUAPILATES	PISCINA				
AQUADYNAMIC	PISCINA	CYCLING	CICLO	AQUATONO	PISCINA	BOOT CAMP	HUB						
16:30 HIPOPRESSIUS	TATAMI	16:30 PADEL&FRUIT	PADEL2			16:30 HIPOPRESSIUS	TATAMI	16:30 PADEL&FRUIT	PADEL2				
		TRX	FITNES										
17:00 PILATES	SALA 1	17:00 BODY PUMP	SALA 1	17:00 HIPOPRESSIUS	TATAMI	17:00 BODY PUMP	SALA 1	17:00 VINYASA IOGA	SALA 2				
CYCLING	CICLO	VINYASA IOGA	SALA 2	PILATES	SALA 1	BODY BALANCE	SALA 2	SKILL ATHLETICS	SKILL	17:30 BODY PUMP	SALA 1	17:30 CYCLING VIRTUAL	CICLO
TRX	FITNES	CYCLING	CICLO	CYCLING	CICLO	BOOT CAMP	HUB	HBX BOXING	HUB				
		BOOT CAMP	HUB	BOOT CAMP	HUB								
17:05 BODY COMBAT	SALA 2			17:05 BODY COMBAT	SALA 2								
17:30 SKILL ATHLETICS	SKILL					17:30 SKILL ATHLETICS	SKILL						
				17:40 ESQUENA EN FORMA	TATAMI								
18:00 LATINO II	SALA 1	18:00 ESQUENA EN FORMA	SALA 2	18:00 LATINO II	SALA 1	18:00 ESQUENA EN FORMA	SALA 2	18:00 BODY PUMP	SALA 1	18:30 CYCLING	CICLO	18:30 CYCLING VIRTUAL	CICLO
CYCLING	CICLO	CYCLING	CICLO	CYCLING	CICLO	CYCLING	CICLO	CYCLING	CICLO				
BOOT CAMP	HUB	HBX BOXING	HUB					BOOT CAMP	HUB				
		SKILL ATHLETICS	SKILL	FIT PADEL	PADEL6/C.FUT								
18:05 ESQUENA EN FORMA	SALA 2	18:05 TONO	SALA 1	18:05 BODY BALANCE	SALA 2	18:05 TONO	SALA 1	18:05 PILATES	SALA 2				
18:30 LM CORE	TATAMI			18:40 LM CORE	TATAMI								
19:00 BODY PUMP	SALA 1			19:00 BODY PUMP	SALA 1	19:00 PILATES	SALA 2	19:00 TONO	SALA 1				
CYCLING	CICLO	19:00 PILATES	SALA 2	CYCLING	CICLO	CYCLING	CICLO	CYCLING	CICLO				
BOOT CAMP	HUB	CYCLING	CICLO	SKILL ATHLETICS	FITNES	SKILL ATHLETICS	SKILL						
		FIT PADEL	PADEL6/C.FUT	BOOT CAMP	HUB	BOOT CAMP	HUB						
		BOOT CAMP	HUB										
19:05 BODY BALANCE	SALA 2	19:05 ZUMBA	SALA 1	19:05 ESQUENA EN FORMA	SALA 2	19:05 SH'BAM	SALA 1	19:05 IOGA	SALA 2				
SKILL ATHLETICS	SKILL												
		19:15 TRX	FITNES					19:15 DEFENSA PERSONAL PER LA DONA	TATAMI				
19:20 AQUATONO	PISCINA	19:20 AQUADYNAMIC	PISCINA	19:20 AQUATONO	PISCINA	19:20 AQUADYNAMIC	PISCINA	19:20 ESQUENA SANA	PISCINA				
				TRX	FITNES								
20:00 CROSS CAMP	FUTBOL	20:00 BODY COMBAT	SALA 2	20:00 CROSS CAMP	FUTBOL	20:00 BODY BALANCE	SALA 2	20:00 ZUMBA	SALA 1				
CYCLING	CICLO	CYCLING	CICLO	CYCLING	CICLO	CYCLING	CICLO	CYCLING VIRTUAL	CICLO				
HIPOPRESSIUS	TATAMI	HBX BOXING	HUB	HIPOPRESSIUS	TATAMI								
BOOT CAMP	HUB												
SH'BAM	SALA 1												
20:05 IOGA	SALA 2	20:05 BODY PUMP	SALA 1	20:05 IOGA	SALA 2	20:05 BODY PUMP	SALA 1						
		RUNNING	OUTDOOR	RUNNING	OUTDOOR	RUNNING	OUTDOOR						
20:15 NATACIÓ GUIADA	PISCINA	20:15 SKILL ATHLETICS	SKILL	20:15 NATACIÓ GUIADA	PISCINA	20:15 SKILL ATHLETICS	SKILL						
		JIUJITSU	TATAMI			JIUJITSU	TATAMI						
		NATACIÓ MÀSTERS	PISCINA			20:15 NATACIÓ MÀSTERS	PISCINA						
				20:30 ZUMBA	SALA 1								