PARRILLA AADD EKKE

DILLUNS	Sala	DIMARTS	Sala	DIMECRES	Sala	DIJOUS	Sala	DIVENDRES	Sala	SABADO	Sala	DOMINGO	Sala
06:15 PEAK CYCLE	CICLO	06:15 LM CORE+FLEX	SALA 1	06:15 PEAK CYCLE	CICLO	06:15 SKILL	SKILL	06:15 BODY PUMP	SALA 1				
BOOT CAMP	THE HUB												
06:30 NATACIÓ MÀSTERS	PISCINA			06:30 NATACIÓ MÀSTERS	PISCINA	06:30 ESQUENA EN FORMA	SALA 2						
07:15 LM CORE+FLEX	SALA 1			07:15 SKILL	SKILL								
07:20 PEAK CYCLE	CICLO			07:20 PEAK CYCLE	CICLO								
		07:30 PILATES	SALA 1			07:30 BODY PUMP	SALA 1	07:30 BODY BALANCE	SALA 2				
		NATACIÓ GUIADA	PISCINA			HPOPRESSIUS	TATAMI						
						NATACIÓ GUIADA	PISCINA						
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				
HATHA IOGA	SALA 2	LM CORE+FLEX	SALA 2	HATHA IOGA	SALA 2	PILATES	SALA 2	ZUMBA	SALA 2				
FREE CYCLE	CICLO	AQUAPILATES	PISCINA	PEAK CYCLE	CICLO			PEAK CYCLE	CICLO				
SKILL	SKILL			SKILL	SKILL			AQUAPILATES	PISCINA			9:30 BODY PUMP	SALA 1
ACTIVAT	FITNESS			AQUATONO	PISCINA								
AQUADYNAMIC	PISCINA	9:30 ABDOMINALS		9:30 ABDOMINALS	TATAMI					10:00 BODY PUMP	SALA 1		
		9:45 ESTIRAMENTS		9:45 ESTIRAMENTS	TATAMI					HATHA IOGA	SALA 2		
10:15 BODY PUMP	SALA 1	10:15 TONO	SALA 1	10:15 BODY PUMP	SALA 1	10:15 ESQUENA EN FORMA	SALA 1	10:15 BODY BALANCE	SALA 1				
ESQUENA EN FORMA	SALA 2	BODY BALANCE	SALA 2	ESQUENA EN FORMA	SALA 2			ABDOMINALS	FITNESS				
HIPOPRESSIUS	TATAMI	PEAK CYCLE	CICLO	AQUADYNAMIC	PISCINA	PEAK CYCLE	CICLO						
AQUATONO	PISCINA	HBX BOXING	THE HUB									10:30 PEAK CYCLE	CICLO
		ESQUENA SANA	PISCINA										
11:10 AQUASALUT	PISCINA	11:10 AQUAGYM	PISCINA	11:10 AQUASALUT	PISCINA	11:10 AQUAGYM	PISCINA			11:00 PEAK CYCLE	CICLO		
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	MOBILITAT	TATAMI		
				SALUT I VIDA IOGA	SALA 2			SALUT I VIDA IOGA	SALA 2			11:30 BODY PUMP	SALA 1
												ABDOMINALS	TATAMI
13:10 PILATES	SALA 2									12:00 ZUMBA	SALA 1		
				14:00 ABDOMINALS	TATAMI					ESTIRAMENTS	TATAMI	12:30 MOBILITAT	TATAMI
		14:10 BODY PUMP	SALA 1	14:10 ZUMBA	SALA 1	14:10 BODY PUMP	SALA 1						
14:15 BODY BALANCE	SALA 2	14:15 BODY COMBAT	SALA 2	14:15 VINYASA IOGA	SALA 2	14:15 AQUADYNAMIC	PISCINA	14:15 PILATES	SALA 2				
		AQUATONO	PISCINA	SKILL	SKILL			SKILL	SKILL				
				ESTIRAMENTS	TATAMI								
14:30 PEAK CYCLE	CICLO	14:30 PEAK CYCLE	CICLO	14:30 PEAK CYCLE	CICLO	14:30 PEAK CYCLE	CICLO	14:30 PEAK CYCLE	CICLO				*
BOOT CAMP	THE HUB					HBX BOXING	THE HUB						
15:30 BODY PUMP	SALA 1	15:30 LM CORE+FLEX	SALA 1	15:30		15:30 ZUMBA	SALA 1	15:30 TONO	SALA 1				
AQUADYNAMIC	PISCINA	PILATES	SALA 2	HBX BOXING	THE HUB	BOOT CAMP	SALA 2						
		PEAK CYCLE	CICLO	AQUATONO	PISCINA								
16:30 PILATES	SALA 2	16:30 BODY PUMP	SALA 1	16:30 BODY COMBAT	SALA 1	16:30 BODY PUMP	SALA 1						
		VINYASA IOGA	SALA 2	PILATES	SALA 2	BODY BALANCE	SALA 2						
17:00 PEAK CYCLE	CICLO			17:00 FREE CYCLE	CICLO	17:00 BOOT CAMP	THE HUB			17:30 BODY PUMP	SALA 1		
				BOOT CAMP	THE HUB								
17:30 BODY BALANCE	SALA 2	17:30 TONO	SALA 1	17:30 BODY BALANCE	SALA 2	17:30 TONO	SALA 1						
		ESQUENA EN FORMA	SALA 2			ESQUENA EN FORMA	SALA 2						
18:00 PEAK CYCLE	CICLO	18:00 PEAK CYCLE	CICLO	18:00 PEAK CYCLE	CICLO	18:00 FREE CYCLE	CICLO	18:00 BODY PUMP	SALA 1	18:30 PEAK CYCLE	CICLO		
BOOT CAMP	THE HUB	HBX BOXING	THE HUB	MOBILITAT	SOLARIUM	SKILL	SKILL	PEAK CYCLE	CICLO				
MOBILITAT	SOLARIUM							BOOT CAMP	THE HUB				
				18:20 LM CORE	THE HUB			PILATES	SALA 2				
18:30 BODY PUMP	SALA 1	18:30 BODY PUMP	SALA 1	18:30 BODY PUMP	SALA 1	18:30 BODY PUMP	SALA 1						
ESQUENA EN FORMA	SALA 2	PILATES	SALA 2	ESQUENA EN FORMA	SALA 2	PILATES	SALA 2						
19:00 PEAK CYCLE	CICLO	19:00 FREE CYCLE	CICLO	19:00 PEAK CYCLE	CICLO	19:00 PEAK CYCLE	CICLO	19:00 TONO	SALA 1				
				BOOT CAMP	THE HUB			FREE CYCLE	CICLO				
SKILL	SKILL	BOOT CAMP	THE HUB			SKILL	SKILL	HATHA IOGA	SALA 2				
19:20 AQUATONO	PISCINA	19:20 AQUADYNAMIC	PISCINA	19:20 AQUATONO	PISCINA								
19:30 BODY PUMP	SALA 1	19:30 ZUMBA	SALA 1	19:30 BODY PUMP	SALA 1	19:30 SH'BAM	SALA 1						
VINYASA IOGA	SALA 2	BODY BALANCE	SALA 2	IOGA	SALA 2	BODY BALANCE	SALA 2						
		ABDOMINALES	FITNESS			ABDOMINALES	FITNESS						
20:00 PEAK CYCLE	CICLO	20:00 PEAK CYCLE	CICLO	20:00 PEAK CYCLE	CICLO	20:00 PEAK CYCLE	CICLO	20:00 ZUMBA	SALA 1				
				CROSS CAMP	OUTDOOR								
CROSS CAMP	OUTDOOR												
HIPOPRESSIUS	TATAMI												
		20:15		20:15 NATACIÓ GUIADA	PISCINA	20:15							
		NATACIÓ MÀSTERS	PISCINA			NATACIÓ MÀSTERS	PISCINA						
20:30		20:30 BODY PUMP	SALA 1	20:30 ZUMBA	SALA 1								
HATHA IOGA	SALA 2												