

|               |                 | dl                   | dt                                  | dc                                | dj                                  | dv                   | db              | dg              |
|---------------|-----------------|----------------------|-------------------------------------|-----------------------------------|-------------------------------------|----------------------|-----------------|-----------------|
| 06:30 - 07:15 | SALA 3          | VIRTUAL CICLO INDOOR |                                     |                                   |                                     | VIRTUAL CICLO INDOOR |                 |                 |
| 06:45 - 07:15 | SALA DE FITNESS |                      |                                     |                                   |                                     | HBX BOXING           |                 |                 |
| 06:45 - 07:30 | SALA 3          |                      | CICLISME INDOOR                     |                                   | CICLISME INDOOR                     |                      |                 |                 |
|               | SALA 1          | BODYBALANCE          |                                     |                                   |                                     |                      |                 |                 |
|               | SALA 2          |                      |                                     | TRAINING                          |                                     |                      |                 |                 |
| 08:00 - 08:30 | PISCINA         |                      | AQUAPOWER EXPRESS                   |                                   | AQUAPOWER EXPRESS                   |                      |                 |                 |
| 08:00 - 09:00 | SALA 1          | IOGA                 |                                     | IOGA                              |                                     |                      |                 |                 |
| 08:15 - 08:45 | PISCINA         |                      |                                     |                                   |                                     | AQUAWOD              |                 |                 |
| 08:15 - 09:00 | SALA 3          |                      | VIRTUAL CICLO INDOOR                |                                   |                                     |                      |                 |                 |
|               | SALA 1          |                      | MAT PILATES                         |                                   |                                     |                      |                 |                 |
| 08:30 - 09:15 | SALA 2          |                      |                                     | TRAINING                          |                                     |                      |                 |                 |
| 08:30 - 09:25 | SALA 1          |                      |                                     |                                   | MAT PILATES                         |                      |                 |                 |
|               | SALA DE FITNESS |                      |                                     |                                   | HBX BOXING                          |                      |                 |                 |
| 09:00 - 09:30 | PISCINA         | AIGUAGIM EXPRESS     |                                     | AIGUAGIM EXPRESS                  |                                     | AQUAPILATES          |                 |                 |
|               | SALA 2          | BODYPUMP 45'         | TRAINING                            | STEP GAC                          |                                     |                      |                 |                 |
| 09:30 - 10:15 | SALA 1          |                      |                                     | HIIPRESSUS (CONSULTAR CONDICIONS) |                                     |                      |                 |                 |
|               | SALA 3          | CICLISME INDOOR      |                                     | CICLISME INDOOR                   |                                     |                      |                 |                 |
| 09:30 - 10:20 | SALA 2          |                      |                                     |                                   |                                     | BODYCOMBAT           |                 |                 |
| 09:30 - 10:25 | SALA 1          |                      |                                     |                                   | BODYBALANCE                         |                      |                 |                 |
| 09:30 - 10:30 | SALA 1          | IOGA                 |                                     |                                   |                                     |                      |                 |                 |
| 09:35 - 10:20 | SALA 2          |                      |                                     |                                   | ESTILS DANCE                        |                      |                 |                 |
| 09:45 - 10:30 | SALA 1          |                      | GIM SUAU                            |                                   |                                     |                      |                 |                 |
| 09:45 - 10:45 | SALA 1          |                      |                                     |                                   |                                     | IOGA                 |                 |                 |
| 10:30 - 11:00 | SALA DE FITNESS | HBX BOXING           |                                     |                                   |                                     |                      |                 |                 |
|               | SALA 2          |                      | LATINO SÈNIOR                       |                                   |                                     | BODYPUMP 45'         |                 |                 |
| 10:30 - 11:15 | SALA 1          |                      |                                     |                                   | GIM SUAU                            |                      |                 |                 |
|               | SALA 3          |                      |                                     |                                   |                                     | CICLISME INDOOR      |                 |                 |
| 10:30 - 11:30 | SALA 1          |                      |                                     | IOGA                              |                                     |                      |                 |                 |
| 10:30 - 12:00 | SALA 1          |                      | EBIRÀS ACTIU (CONSULTAR CONDICIONS) |                                   | EBIRÀS ACTIU (CONSULTAR CONDICIONS) |                      |                 |                 |
| 10:45 - 11:30 | SALA 1          | MAT PILATES          |                                     |                                   |                                     |                      |                 |                 |
| 10:45 - 11:45 | SALA 2          |                      |                                     | BODYPUMP 60'                      |                                     |                      |                 |                 |
| 11:00 - 12:15 | SALA 2          |                      |                                     |                                   |                                     | MAMAFIT              |                 |                 |
| 11:15 - 12:00 | SALA 3          |                      |                                     |                                   |                                     |                      | CICLISME INDOOR | CICLISME INDOOR |
|               | PISCINA         | AIGUAGIM             | AIGUAGIM                            | AIGUAGIM                          | AIGUAGIM                            |                      |                 |                 |
| 12:00 - 12:45 | SALA 3          |                      | VIRTUAL CICLO INDOOR                |                                   | VIRTUAL CICLO INDOOR                |                      |                 |                 |
| 12:15 - 13:00 | PISCINA         |                      |                                     |                                   |                                     |                      | AIGUAGIM        |                 |
| 13:30 - 14:00 | PISCINA         | AQUAPOWER EXPRESS    |                                     | AQUAPOWER EXPRESS                 |                                     | AQUAPILATES          |                 |                 |
| 13:30 - 14:15 | SALA 3          |                      | CICLISME INDOOR                     |                                   | VIRTUAL CICLO INDOOR                |                      |                 |                 |
|               | SALA 2          | BODYPUMP 45'         |                                     |                                   |                                     |                      |                 |                 |

|               |                 |                                  |                 |                                  |                 |                 |                      |  |
|---------------|-----------------|----------------------------------|-----------------|----------------------------------|-----------------|-----------------|----------------------|--|
| 13:30 - 14:30 | SALA 2          |                                  |                 | BODYPUMP 60'                     |                 |                 |                      |  |
| 13:35 - 14:20 | SALA 2          |                                  |                 |                                  | TRAINING        |                 |                      |  |
| 15:00 - 15:30 | SALA 1          |                                  | LESMILLS CORE   |                                  |                 |                 |                      |  |
| 15:15 - 16:00 | SALA 2          |                                  | STEP GAC        |                                  | BODYPUMP 45'    |                 |                      |  |
|               | PISCINA         |                                  |                 |                                  | AQUAPOWER       |                 |                      |  |
|               | SALA 1          | HIPOPRESSIUS CONSULTAR CONDIÇÕES |                 |                                  |                 |                 |                      |  |
|               |                 | MAT PILATES                      |                 |                                  |                 |                 |                      |  |
|               | SALA 3          | CICLISME INDOOR                  |                 | CICLISME INDOOR                  |                 | CICLISME INDOOR |                      |  |
| 15:15 - 16:10 | SALA 2          |                                  |                 | BODYCOMBAT                       |                 |                 |                      |  |
|               | SALA 1          |                                  |                 |                                  |                 | BODYBALANCE     |                      |  |
| 15:35 - 16:05 | SALA DE FITNESS |                                  | HBX BOXING      |                                  |                 |                 |                      |  |
| 15:45 - 16:15 | PISCINA         |                                  | AQUAPILATES     |                                  |                 |                 |                      |  |
| 16:00 - 16:45 | PISCINA         | AIGUAGIM                         |                 | AIGUAGIM                         |                 |                 |                      |  |
|               | SALA 1          |                                  | BODYBALANCE     |                                  |                 |                 |                      |  |
| 16:00 - 17:00 | SALA 1          |                                  |                 |                                  | IOGA            |                 |                      |  |
| 16:05 - 17:50 | SALA 2          | LATINO SÊNIOR                    |                 |                                  |                 |                 |                      |  |
| 16:15 - 17:00 | SALA 2          |                                  |                 | BODYPUMP 45'                     |                 | BODYPUMP 45'    |                      |  |
| 17:00 - 17:45 | SALA 3          | CICLISME INDOOR                  |                 | CICLISME INDOOR                  |                 |                 |                      |  |
| 17:00 - 18:00 | SALA 1          | IOGA                             |                 |                                  |                 |                 |                      |  |
| 17:00 - 18:15 | SALA 2          |                                  |                 | MAMAFIT                          |                 |                 |                      |  |
| 17:15 - 18:00 | SALA 2          | BODYPUMP 45'                     | MAT PILATES     | STEP GAC                         |                 |                 |                      |  |
|               |                 |                                  | BODYPUMP 45'    |                                  |                 |                 |                      |  |
|               | SALA 3          |                                  |                 |                                  |                 |                 | VIRTUAL CICLO INDOOR |  |
| 17:15 - 18:10 | SALA 1          |                                  |                 |                                  | BODYBALANCE     |                 |                      |  |
| 17:15 - 18:15 | SALA 2          |                                  |                 |                                  |                 | BODYPUMP 60'    |                      |  |
| 18:15 - 18:45 | SALA DE FITNESS |                                  |                 | HBX BOXING                       |                 |                 |                      |  |
| 18:15 - 19:00 | SALA 2          | BODYPUMP 45'                     | TRAINING        | ESTILS DANCE                     | TRAINING        |                 |                      |  |
|               | SALA 1          | BODYBALANCE                      |                 |                                  |                 |                 |                      |  |
| 18:15 - 19:15 | SALA 1          |                                  | IOGA            |                                  |                 |                 |                      |  |
| 18:30 - 19:00 | SALA 2          |                                  |                 |                                  |                 | LESMILLS CORE   |                      |  |
|               | SALA 1          |                                  |                 | HIPOPRESSIUS CONSULTAR CONDIÇÕES |                 |                 |                      |  |
| 18:30 - 19:30 | EXTERIOR        |                                  | RUNNING         |                                  |                 |                 |                      |  |
| 19:15 - 20:00 | SALA 3          | CICLISME INDOOR                  | CICLISME INDOOR | CICLISME INDOOR                  | CICLISME INDOOR | CICLISME INDOOR |                      |  |
| 19:15 - 20:10 | SALA 2          | ESTILS DANCE                     | AERODANCE       |                                  | BODYPUMP 45'    |                 |                      |  |
|               | SALA 2          |                                  |                 | BODYCOMBAT                       |                 |                 |                      |  |
| 19:30 - 20:15 | SALA 1          |                                  | MAT PILATES     |                                  |                 |                 |                      |  |
| 19:45 - 20:30 | PISCINA         | AQUAPOWER                        | AQUAPOWER       |                                  | AQUAPOWER       |                 |                      |  |
| 20:00 - 21:00 | SALA 1          | IOGA                             |                 |                                  |                 |                 |                      |  |
| 20:15 - 20:45 | SALA 2          | LESMILLS CORE                    |                 |                                  |                 |                 |                      |  |
|               | PISCINA         |                                  |                 | AQUAWOD                          |                 |                 |                      |  |

|               |                 |                      |                      |                      |                      |                      |  |  |
|---------------|-----------------|----------------------|----------------------|----------------------|----------------------|----------------------|--|--|
| 20:15 - 21:00 | SALA 2          |                      | STEP                 |                      | STEP GAC             |                      |  |  |
|               | SALA 3          |                      | VIRTUAL CICLO INDOOR |                      | VIRTUAL CICLO INDOOR |                      |  |  |
| 20:20 - 21:55 | SALA 1          |                      |                      |                      | MAT PILATES          |                      |  |  |
| 20:30 - 21:30 | SALA 2          |                      |                      | BODYPUMP 60'         |                      |                      |  |  |
| 20:50 - 21:20 | SALA DE FITNESS | HBX BOXING           |                      |                      |                      |                      |  |  |
| 21:00 - 21:45 | SALA 3          | VIRTUAL CICLO INDOOR |                      | VIRTUAL CICLO INDOOR |                      | VIRTUAL CICLO INDOOR |  |  |