		l	m	x	j	v	s	d
06:45 - 07:30	SALA 1	BODYBALANCE						
08:00 - 09:00	SALA 1	IOGA		IOGA				
08:30 - 09:15	SALA 1		MAT PILATES					
08:30 - 09:25	SALA 1				MAT PILATES			
09:30 - 10:15	SALA 1			HIPOPRESSIUS (CONSULTAR CONDICIONS)				
09:30 - 10:25	SALA 1				BODYBALANCE			
09:30 - 10:30	SALA 1	IOGA						
09:45 - 10:30	SALA 1		GIM SUAU					
09:45 - 10:45	SALA 1					IOGA		
10:30 - 11:15	SALA 1				GIM SUAU			
10:30 - 11:30	SALA 1			IOGA				
10:30 - 12:00	SALA 1		EMBARÁS ACTIU (CONSULTAR CONDICIONS)		EMBARÁS ACTIU (CONSULTAR CONDICIONS)			
10:45 - 11:30	SALA 1	MAT PILATES						
15:00 - 15:30	SALA 1		LESMILLS CORE					
15:15 - 16:00	SALA 1	MAT PILATES HIPOPRESSIUS (CONSULTAR CONDICIONS)						
15:15 - 16:10	SALA 1					BODYBALANCE		
16:00 - 16:45	SALA 1		BODYBALANCE					
16:00 - 17:00	SALA 1				IOGA			
17:00 - 18:00	SALA 1	IOGA						
17:15 - 18:10	SALA 1				BODYBALANCE			
18:15 - 19:00	SALA 1	BODYBALANCE		MAT PILATES				
18:15 - 19:15	SALA 1		IOGA					
19:15 - 19:45	SALA 1	HIPOPRESSIUS (CONSULTAR CONDICIONS)						
19:15 - 20:00	SALA 1			ENTRENAMENT HÍBRID				
19:30 - 20:15	SALA 1		MAT PILATES					
20:00 - 21:00	SALA 1	IOGA						
20:20 - 21:55	SALA 1				MAT PILATES			