

		l	m	x	j	v	s	d
06:45 - 07:30	SALA 2			TRAINING				
08:30 - 09:15	SALA 2			TRAINING				
09:30 - 10:15	SALA 2	BODYPUMP 45'	TRAINING	STEP				
09:30 - 10:20	SALA 2					BODYCOMBAT		
09:35 - 10:20	SALA 2				ESTILS DANCE			
10:30 - 11:15	SALA 2		LATINO SÈNIOR					
10:45 - 11:45	SALA 2			BODYPUMP 60'				
11:00 - 12:15	SALA 2					MAMAFIT		
13:30 - 14:15	SALA 2	BODYPUMP 45'						
13:30 - 14:30	SALA 2			BODYPUMP 60'				
15:15 - 16:00	SALA 2		ESTILS DANCE		BODYPUMP 45'			
15:15 - 16:10	SALA 2			BODYCOMBAT				
16:15 - 17:00	SALA 2	LATINO SÈNIOR						
17:15 - 18:00	SALA 2		BODYPUMP 45'					
			MAT PILATES					
17:15 - 18:15	SALA 2					BODYPUMP 60'		
17:15 - 18:30	SALA 2			MAMAFIT				
18:15 - 19:00	SALA 2	BODYPUMP 45'	TRAINING	ESTILS DANCE	TRAINING			
18:30 - 19:00	SALA 2					LES MILLS CORE		
19:15 - 20:00	SALA 2	ESTILS DANCE	AERODANCE		BODYPUMP 45'			
19:15 - 20:10	SALA 2			BODYCOMBAT				
20:15 - 20:45	SALA 2	LES MILLS CORE						
20:15 - 21:00	SALA 2		STEP					
20:15 - 21:10	SALA 2				BODYCOMBAT			
20:30 - 21:30	SALA 2			BODYPUMP 60'				