		l	m	x	j	v	s	d
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 1	BODYBALANCE						
	SALA 2			TRAINING				
	SALA 3		CICLISME INDOOR		CICLISME INDOOR			
08:00 - 08:30	PISCINA		AQUAPOWER EXPRESS		AQUAPOWER EXPRESS			
08:00 - 09:00	SALA 1	IOGA		IOGA				
08:15 - 09:00	SALA 3		VIRTUAL CICLO INDOOR					
08:30 - 09:15	SALA 2			TRAINING				
	SALA 1		MAT PILATES					
08:30 - 09:25	SALA 1				MAT PILATES			
09:00 - 09:30	PISCINA	AIGUAGIM EXPRESS		AIGUAGIM EXPRESS		AQUAPILATES		
	SALA DE FITNESS				HBX BOXING			
09:30 - 10:15	SALA 3	CICLISME INDOOR		CICLISME INDOOR				
	SALA 1			HIPOPRESSIUS (CONSULTAR CONDICIONS)				
	SALA 2	BODYPUMP 45'	TRAINING	STEP GAC				
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						
10:30 - 11:15	SALA 3					CICLISME INDOOR		
	SALA 1				GIM SUAU			
	SALA 2		LATINO SÈNIOR					
10:30 - 11:30	SALA 1			IOGA				
10:30 - 12:00	SALA 1		EMBARÇ ACTIU (CONSULTAR CONDICIONS)		EMBARÇ ACTIU (CONSULTAR CONDICIONS)			
10:45 - 11:30	SALA 2					BODYPUMP 45'		
	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
11:45 - 13:00	SALA 2			MAMAFIT				
12:00 - 12:45	SALA 2					MOVIMENT SÈNIOR		
	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM			
	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 2	BODYPUMP 45'			TRAINING			
	SALA 3		CICLISME INDOOR		VIRTUAL CICLO INDOOR			
13:30 - 14:30	SALA 2			BODYPUMP 60'				
15:00 - 15:30	SALA 1		LESMILLS CORE					
15:15 - 16:00	SALA 3	CICLISME INDOOR		CICLISME INDOOR		CICLISME INDOOR		
	SALA 2		STEP GAC		BODYPUMP 45'			
	PISCINA				AQUAPOWER			
	SALA 1	MAT PILATES						
		HIPOPRESSIUS (CONSULTAR CONDICIONS)						
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 SÈNIOR						
16:15 - 17:00	SALA 2					BODYPUMP 45'		
16:25 - 17:10	SALA 2			BODYPUMP 45'				
17:00 - 17:45	SALA 3	CICLISME INDOOR		CICLISME INDOOR				
17:00 - 18:00	SALA 1	IOGA						
17:15 - 18:00	SALA 2	BODYPUMP 45'	MAT PILATES					
			BODYPUMP 45'					
	SALA 3						VIRTUAL CICLO INDOOR	
17:15 - 18:10	SALA 1				BODYBALANCE			
17:15 - 18:15	SALA 2					BODYPUMP 60'		
17:20 - 18:05	SALA 2			STEP GAC				
18:15 - 18:45	SALA DE FITNESS			HBX BOXING				
18:15 - 19:00	SALA 2	BODYPUMP 45'	TRAINING	ESTILS DANCE	TRAINING			
	SALA 1	BODYBALANCE		MAT PILATES				
18:15 - 19:15	SALA 1		IOGA					
18:30 - 19:00	SALA 2					LESMILLS CORE		
18:30 - 19:30	EXTERIOR		RUNNING					
19:15 - 19:45	SALA 1	HIPOPRESSIUS (CONSULTAR CONDICIONS)						
19:15 - 20:00	SALA 3	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR		
	SALA 2	ESTILS DANCE	AERODANCE		BODYPUMP 45'			
	SALA 1			ENTRENAMENT HÍBRID				
19:15 - 20:10	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	PISCINA			AQUAWOD				
	SALA 2	LESMILLS CORE						
20:15 - 21:00	SALA 3		VIRTUAL CICLO INDOOR		VIRTUAL CICLO INDOOR			
	SALA 2		STEP		ESTILS DANCE			
20:20 - 21:55	SALA 1				MAT PILATES			
20:30 - 21:30	SALA 2			BODYPUMP 60'				
21:00 - 21:30	SALA DE FITNESS	HBX BOXING						
21:00 - 21:45	SALA 3	VIRTUAL CICLO INDOOR		VIRTUAL CICLO INDOOR		VIRTUAL CICLO INDOOR		