

		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 3		CICLISME INDOOR		CICLISME INDOOR			
	SALA 2			TRAINING				
06:45 - 07:40	SALA 1	BODYBALANCE						
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 1		MAT PILATES					
	SALA 2			TRAINING				
08:30 - 09:25	SALA 1				MAT PILATES			
09:00 - 09:30	SALA DE FITNESS				HBX BOXING			
	PISCINA	AIGUAGIM EXPRESS		AIGUAGIM EXPRESS		AQUAPILATES		
09:30 - 10:15	SALA 2	BODYPUMP 45'	TRAINING	STEP				
	SALA 1			HIPOPRESSUS (CONSULTAR CONDICIONS)				
	SALA 3	VIRTUAL CICLO 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						
10:30 - 11:15	SALA 1				GIM SUAU			
	SALA 2		LATINO SÈNIOR					
	SALA 3					CICLISME INDOOR		
10:30 - 11:30	SALA 1			IOGA				
10:30 - 12:00	SALA 1		EBBARÀS ACTIU (CONSULTAR CONDICIONS)		EBBARÀS 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
12:00 - 12:45	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'						
	SALA 3		CICLISME INDOOR		CICLISME 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 1	HIPRESSUS (CONSULTAR CONDICIONS)						
		MAT PILATES						
	PISCINA				AQUAPOWER			
15:15 - 16:10	SALA 2		ESTILS DANCE		BODYPUMP 45'			
	SALA 2			BODYCOMBAT				
15:35 - 16:05	SALA 1					BODYBALANCE		
	SALA DE FITNESS		HBX BOXING					
15:45 - 16:15	PISCINA		AQUAPILATES					
16:00 - 16:45	PISCINA	AIGUAGIM						
	SALA 1		BODYBALANCE					
16:00 - 17:00	SALA 1				IOGA			
16:15 - 17:00	SALA 2	LATINO SÈNIOR						
16:30 - 17:00	PISCINA			AIGUAGIM EXPRESS				
17:00 - 17:45	SALA 3	CICLISME INDOOR		CICLISME INDOOR				
17:15 - 18:00	SALA 3						VIRTUAL CICLO INDOOR	
	SALA 2		BODYPUMP 45'					
				MAT PILATES				
17:15 - 18:10	SALA 1				BODYBALANCE			
17:15 - 18:15	SALA 1	IOGA						
17:15 - 18:30	SALA 2					BODYPUMP 60'		
17:15 - 18:30	SALA 2			MAMAFIT				
18:15 - 18:45	SALA DE FITNESS			HBX BOXING				
18:15 - 19:00	SALA 2	BODYPUMP 45'	TRAINING	ESTILS DANCE	TRAINING			
18:15 - 19:15	SALA 1		IOGA					
18:30 - 19:00	SALA 2					LESMILLS CORE		
18:30 - 19:30	EXTERIOR		RUNNING					
18:45 - 19:30	SALA 1			HIPRESSUS (CONSULTAR CONDICIONS)				
18:45 - 19:40	SALA 1	BODYBALANCE						
19:15 - 20:00	SALA 3	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR		
	SALA 2	ESTILS DANCE	AERODANCE		BODYPUMP 45'			
19:15 - 20:10	SALA 2			BODYCOMBAT				
19:30 - 20:15	SALA 1		MAT PILATES					
19:45 - 20:30	PISCINA	AQUAPOWER	AQUAPOWER		AQUAPOWER			
19:45 - 20:45	SALA 1	IOGA						
20:15 - 20:45	SALA 2	LESMILLS CORE						
20:15 - 21:00	SALA 3		VIRTUAL CICLO INDOOR		VIRTUAL CICLO INDOOR			
	SALA 2		STEP					
20:15 - 21:10	SALA 2				BODYCOMBAT			

20:30 - 21:15	SALA 1				BODYBALANCE			
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		