

SETMANA DEL 21 AL 27 DE DESEMBRE

Inici	Espai	DILLUNS 21	Inici	Espai	DIMARTS 22	Inici	Espai	DIMECRES 23	Inici	Espai	DIJOUS 24	Inici	Espai	NADAL	Inici	Espai	ST. ESTEVE												
MATI																													
07:15	SC	CY. VIRTUAL	07:15	SC	CYCLING	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL																		
08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	07:15	S1																			
09:15	PS	AQUAGYM	09:15	PS	AQUAGYM	09:15	PS	AQUAGYM	08:30	SC	CY. VIRTUAL																		
09:30	SC	CY. VIRTUAL	09:30	S1		09:30	S1	FUNCIONAL	09:15	PS	AQUA GRAN																		
09:30	S1		09:30	SC	CY. VIRTUAL	09:30	SC	CY. VIRTUAL	09:30	S1																			
10:30	S1	GYM D'OR	10:30	S1	IOGA	10:30	SC	CY. VIRTUAL	09:30	SC	CYCLING																		
10:30	SC	CYCLING	10:30	SC	CY. VIRTUAL	10:30	S1		10:30	S1	PILATES																		
13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	10:30	SC	CY. VIRTUAL																		
									13:30	SC	CY. VIRTUAL																		
MIGDIA																													
15:30	SC	CY. VIRTUAL	15:30	SC	CY. VIRTUAL	15:30	SC	CY. VIRTUAL	15:30	SC	CY. VIRTUAL																		
15:30	S1	PILATES				15:30	S1		15:30	S1																			
TARDA																													
16:45	SC	CY. VIRTUAL	17:00	SC	CY. VIRTUAL	17:00	SC	CY. VIRTUAL	16:45	SC	CY. VIRTUAL					<table border="1"> <thead> <tr> <th>Inici</th> <th>Espai</th> <th>DIUMENGE</th> </tr> </thead> <tbody> <tr> <td>09:30</td> <td>SC</td> <td>CY. VIRTUAL</td> </tr> <tr> <td>11:00</td> <td>SC</td> <td>CY. VIRTUAL</td> </tr> <tr> <td>12:00</td> <td>SC</td> <td>CY. VIRTUAL</td> </tr> </tbody> </table>		Inici	Espai	DIUMENGE	09:30	SC	CY. VIRTUAL	11:00	SC	CY. VIRTUAL	12:00	SC	CY. VIRTUAL
Inici	Espai	DIUMENGE																											
09:30	SC	CY. VIRTUAL																											
11:00	SC	CY. VIRTUAL																											
12:00	SC	CY. VIRTUAL																											
17:45	S1		17:45	S1	FUNCIONAL	17:45	S1	EQUILIBRIUM																					
17:45	SC	CYCLING	18:00	SC	CYCLING	18:00	SC	CYCLING																					
18:45	S1		18:45	S1		18:45	S1																						
18:45	SC	CYCLING	19:00	SC	CY. VIRTUAL	19:00	SC	CYCLING																					
19:45	S1		19:45	S1	GAC	19:15	PS	AQUAGYM																					
19:45	SC	CY. VIRTUAL				19:45	S1	HIIT																					

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