

A PARTIR DEL 03 DE MAIG

Inici	Espai	DILLUNS	Inici	Espai	DIMARTS	Inici	Espai	DIMECRES	Inici	Espai	DIJOUS	Inici	Espai	DIVENDRES	Inici	Espai	DISSABTE
MATI																	
07.15	SC	CY. VIRTUAL	07.15	SC	CYCLING	07.15	SC	CY. VIRTUAL	07.15	SC	CY. VIRTUAL	07.15	SC	CY. VIRTUAL			
08.30	S1	CY. VIRTUAL	08.30	SC	CY. VIRTUAL	07.15	S1	HIIT 30'	07.15	S1	LES MILLS BODYPUMP	07.15	S1	ABD 30'			
09.15	PS	AQUAGYM	09.15	PS	AQUAGYM	08.30	SC	CY. VIRTUAL	08.30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	09.30	SC	CY. VIRTUAL
09.30	SC	CY. VIRTUAL	09.30	S1	LES MILLS BODYCOMBAT	09.15	PS	AQUAGYM	09.15	PS	AQUA GRAN	09:30	SC	ZUMBA fitness	09.30	S1	PILATES
09.30	S1	LES MILLS BODYPUMP	09.30	SC	CY. VIRTUAL	09.30	S1	FUNCIONAL	09.30	S1	LES MILLS BODYPUMP	09:30	SC	CYCLING	10.30	SC	CY. VIRTUAL
10.30	S1	EQUILIBRIUM	10.30	S1	IOGA	09.30	SC	CY. VIRTUAL	09.30	SC	CYCLING	10:30	S1	CY. VIRTUAL	10.30	S1	LES MILLS BODYPUMP
10.30	SC	CYCLING	10.30	SC	CYCLING	10.20	PS	AQUA GRAN	10.30	S1	PILATES	10:30	S1	GAC	11.30	SC	CY. VIRTUAL
11.30	S1	EST 30'	11.30	S1	ABD 30'	10.30	S1	ZUMBA fitness	10.30	SC	CY. VIRTUAL	11:30	S1	EST 30'	12.30	SC	CY. VIRTUAL
13.30	SC	CY. VIRTUAL	13.30	SC	CY. VIRTUAL	10.30	SC	CY. VIRTUAL	13.30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL			
						13.30	SC	CY. VIRTUAL									
MIGDIA																	
15.15	SC	CY. VIRTUAL	15.15	SC	CY. VIRTUAL	15.15	SC	CY. VIRTUAL	15.15	SC	CY. VIRTUAL	15.15	SC	CY. VIRTUAL			
15.15	S1	PILATES	15.15	S1	LES MILLS BODYPUMP	15.15	S1	ZUMBA fitness	15.15	S1	LES MILLS BODYCOMBAT	15.15	S1	FUNCIONAL			
TARDA																	
17:15	S1	ABD 30'	17.15	S1	EST 30'	17.15	S1	ABD 30'	17.15	S1	EST 30'	17.15	S1	ABD 30'			
17:00	SC	CY. VIRTUAL	17.00	SC	CY. VIRTUAL	17.00	SC	CY. VIRTUAL	17.00	SC	CY. VIRTUAL	17.00	SC	CY. VIRTUAL			
18:00	S1	LES MILLS BODYPUMP	18.00	S1	FUNCIONAL	18.00	S1	EQUILIBRIUM	18.00	S1	ZUMBA fitness	18.00	S1	LES MILLS BODYCOMBAT			
18:00	SC	CYCLING	18.00	SC	CYCLING	18.00	SC	CYCLING	18.00	SC	CYCLING	18.00	SC	CY. VIRTUAL			
19.00	S1	LES MILLS BODYCOMBAT	19.00	S1	ZUMBA fitness	19.00	S1	LES MILLS BODYPUMP	19.00	S1	PILATES	19.00	S1	ZUMBA fitness			
19.00	SC	CYCLING	19.00	SC	CYCLING	19.00	SC	CYCLING	19.00	SC	CYCLING	19.00	SC	CYCLING			
19.15	PS	AQUAGYM	20.00	S1	GAC	19.15	PS	AQUAGYM	20.00	S1	LES MILLS BODYPUMP	20.00	S1	IOGA			
20.00	S1	ZUMBA fitness	20.00	SC	CY. VIRTUAL	20.00	S1	HIIT	20.00	SC	CY. VIRTUAL	20.00	SC	CY. VIRTUAL			
20.00	SC	CYCLING				20.00	SC	CY. VIRTUAL									

DESCARREGA'T L'HORARI DE LA NOSTRA WEB: WWW.MESMALGRAT.COM

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