

SETMANA DEL 04 AL 10 DE GENER

Inici	Espai	DILLUNS 04	Inici	Espai	DIMARTS 05	Inici	Espai	REIS	Inici	Espai	DIJOUS 07	Inici	Espai	DIVENDRES 08	Inici	Espai	DISSABTE 09			
MATI																				
07:15	SC	CY. VIRTUAL	07:15	SC	CYCLING				07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL						
07:15	S1	ABD 30'	08:30	SC	CY. VIRTUAL				07:15	S1	LES MILLS BODYPUMP	08:30	SC	CY. VIRTUAL						
09:15	PS	AQUAGYM	09:15	PS	AQUAGYM				08:30	SC	CY. VIRTUAL	09:30	S1	ZUMBA fitness				09:30	SC	CY. VIRTUAL
09:30	SC	CY. VIRTUAL	09:30	S1	LES MILLS BODYCOMBAT				09:15	PS	AQUA GRAN	09:30	SC	CYCLING				10:30	SC	CY. VIRTUAL
09:30	S1	LES MILLS BODYPUMP	09:30	SC	CY. VIRTUAL				09:30	S1	LES MILLS BODYPUMP	10:30	S1	GAC				11:30	SC	CY. VIRTUAL
10:30	S1	GYM D'OR	10:30	S1	IOGA				09:30	SC	CYCLING	10:30	SC	CY. VIRTUAL				12:30	SC	CY. VIRTUAL
10:30	SC	CYCLING	10:30	SC	CY. VIRTUAL				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	LES MILLS BODYCOMBAT				15:30	S1	LES MILLS BODYPUMP									
TARDA																				
16:45	SC	CY. VIRTUAL							16:45	SC	CY. VIRTUAL	17:00	SC	CY. VIRTUAL	Inici	Espai	DIUMENGE 10			
17:45	S1	LES MILLS BODYPUMP							17:45	S1	ZUMBA fitness	17:45	S1	LES MILLS BODYCOMBAT	09:30	SC	CY. VIRTUAL			
17:45	SC	CYCLING							17:45	SC	CYCLING	18:00	SC	CY. VIRTUAL	11:00	SC	CY. VIRTUAL			
18:45	S1	LES MILLS BODYCOMBAT							18:45	S1	PILATES	18:45	S1	ZUMBA fitness	12:00	SC	CY. VIRTUAL			
18:45	SC	CYCLING							18:45	SC	CYCLING	19:00	SC	CY. VIRTUAL						
19:45	S1	ZUMBA fitness							19:45	S1	LES MILLS BODYPUMP	19:45	S1	IOGA						
19:45	SC	CY. VIRTUAL							19:45	SC	CY. VIRTUAL	20:00	SC	CY. VIRTUAL						

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

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