

SETMANA DEL 28 DE DESEMBRE AL 03 GENER

Inici	Espai	DILLUNS 28	Inici	Espai	DIMARTS 29	Inici	Espai	DIMECRES 30	Inici	Espai	DIJOUS 31	Inici	Espai	ANY NOU	Inici	Espai	DISSABTE 02	
MATI																		
07:15	SC	CY. VIRTUAL	07:15	SC	CYCLING	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL					09:30	SC	CY. VIRTUAL
07:15	S1	ABD 30'	08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	07:15	S1						10:30	SC	CY. VIRTUAL
09:15	PS	AQUAGYM	09:15	PS	AQUAGYM	09:15	PS	AQUAGYM	08:30	SC	CY. VIRTUAL					11:30	SC	CY. VIRTUAL
09:30	SC	CY. VIRTUAL	09:30	S1		09:30	S1	FUNCIONAL	09:15	PS	AQUA GRAN					12:30	SC	CY. VIRTUAL
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					Inici	Espai	DIUMENGE 03
17:45	S1		17:45	S1	FUNCIONAL	17:45	S1	EQUILIBRIUM								09:30	SC	CY. VIRTUAL
17:45	SC	CYCLING	18:00	SC	CYCLING	18:00	SC	CYCLING								11:00	SC	CY. VIRTUAL
18:45	S1		18:45	S1		18:45	S1									12:00	SC	CY. VIRTUAL
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										

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

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