

## A PARTIR DEL 13 DE SETEMBRE

Inici	Espai	DILLUNS	Inici	Espai	DIMARTS	Inici	Espai	DIMECRES	Inici	Espai	DIJOUS	Inici	Espai	DIVENDRES	Inici	Espai	DISSABTE
<b>MATI</b>																	
07:15	SC	CY. VIRTUAL	07:15	SC	HIIT 30'	07:15	SC	CYCLING	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL			
07:15	S1	ABD 30'	07:15	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	07:15	S1	LES MILLS BODYPUMP	08:30	SC	CY. VIRTUAL			
09:15	PS	AQUAGYM	08:30	SC	CY. VIRTUAL	09:15	PS	AQUAGYM	08:30	SC	CY. VIRTUAL	09:30	S1	ZUMBA fitness	09:30	SC	CY. VIRTUAL
09:30	SC	CY. VIRTUAL	09:15	PS	AQUAGYM	09:30	S1	FUNCIONAL	09:30	S1	LES MILLS BODYPUMP	09:30	SC	CYCLING	09:30	S1	PILATES
09:30	S1	LES MILLS BODYPUMP	09:30	S1	LES MILLS BODYCOMBAT	09:30	SC	CY. VIRTUAL	09:30	SC	CYCLING	10:35	PS	AQUA GRAN	10:30	SC	CY. VIRTUAL
10:30	S1	EQUILIBRIUM	09:30	SC	CY. VIRTUAL	09:30	S2	R.POSTURAL	10:35	PS	AQUA GRAN	10:30	SC	CY. VIRTUAL	10:30	S1	LES MILLS BODYPUMP
10:30	SC	CYCLING	09:30	S2	PILATES	10:30	SC	CY. VIRTUAL	10:30	S1	PILATES	10:30	S1	GAC	11:30	SC	CY. VIRTUAL
11:30	S1	EST 30'	10:30	S1	IOGA	10:30	S1	ZUMBA fitness	10:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	12:30	SC	CY. VIRTUAL
13:30	SC	CY. VIRTUAL	10:30	SC	CYCLING	10:30	S2	ABD 30'	13:30	SC	CY. VIRTUAL				15:30	SC	CY. VIRTUAL
			13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL							18:00	SC	CY. VIRTUAL

<b>MIGDIA</b>																	
15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL	15:20	SC	CY. VIRTUAL			
15:20	S1	PILATES	15:20	S1	LES MILLS BODYPUMP	15:20	S1	ZUMBA fitness	15:20	S1	LES MILLS BODYCOMBAT	15:20	S1	FUNCIONAL			

<b>TARDA</b>																	
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	Inici	Espai	DIUMENGE
18:00	S1	LES MILLS BODYPUMP	18:00	S1	FUNCIONAL	18:00	S1	MES STEP	18:00	S1	ZUMBA fitness	18:00	S1	LES MILLS BODYCOMBAT	09:30	SC	CY. VIRTUAL
18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	SC	CY. VIRTUAL	11:00	SC	CY. VIRTUAL
18:15	S2	R.POSTURAL	18:15	S2	PILATES	18:15	S2	EQUILIBRIUM	18:15	S2	GAC 30'	19:00	S1	ZUMBA fitness	12:00	SC	CY. VIRTUAL
19:15	S1	LES MILLS BODYCOMBAT	19:15	S1	ZUMBA fitness	19:15	S1	LES MILLS BODYPUMP	19:15	S1	PILATES	19:00	SC	CYCLING			
19:00	SC	CYCLING	19:15	SC	CYCLING	19:00	SC	CYCLING	19:15	SC	CYCLING	20:00	S1	IOGA			
19:15	PS	AQUAGYM	20:15	S1	GAC	19:15	PS	AQUAGYM	20:15	S1	LES MILLS BODYPUMP	20:00	SC	CY. VIRTUAL			
20:15	S1	ZUMBA fitness	20:15	SC	CY. VIRTUAL	20:15	S1	HIIT	20:15	SC	CY. VIRTUAL						
20:15	SC	CYCLING				20:00	SC	CY. VIRTUAL									

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