

A PARTIR DEL 10 DE GENER 2022

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	S1	FUNCIONAL	07:15	SC	CY. VIRTUAL	07:15	S1		07:15	SC	CY. VIRTUAL			
09:15	PS	AQUAGYM	07:15	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL			
08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	09:15	PS	AQUAGYM	08:30	SC	CY. VIRTUAL	09:30	S1		09:30	SC	CY. VIRTUAL
09:30	SC	CY. VIRTUAL	09:15	PS	AQUA GRAN	09:30	S1	FUNCIONAL	09:30	S1		09:30	SC	CYCLING	09:30	S1	PILATES
09:30	S1		09:30	S1		09:30	SC	CY. VIRTUAL	09:30	SC	CY. VIRTUAL	09:30	SC	CY. VIRTUAL	10:35	PS	AQUA GRAN
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	SC	CY. VIRTUAL
10:30	SC	CYCLING	09:30	S2	PILATES	10:30	S1		10:30	S1	PILATES	10:30	S1	PEB 30'	11:30	SC	CY. VIRTUAL
13:30	SC	CY. VIRTUAL	10:30	S1	IOGA	10:30	SC	CYCLING	10:30	SC	CY. VIRTUAL	10:30	S1	GAC 30'	12:30	SC	CY. VIRTUAL
			10:30	SC	CY. VIRTUAL	10:30	SC	CY. VIRTUAL	13:30	S2	CY. VIRTUAL	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
MIGDIA																	
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		15:20	S1		15:20	S1	PEB 30'	15:20	S1				
									15:50	S1	GAC 30'						
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		18:00	S1	FUNCIONAL	18:00	S1		18:00	S1		18:00	S1				
18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	S2	EQUILIBRIUM	09:30	SC	CY. VIRTUAL
18:15	S2	R.POSTURAL	18:15	S2	PILATES	18:15	S2	EQUILIBRIUM	18:00	S2	PEB 30'	18:00	SC	CY. VIRTUAL	11:00	SC	CY. VIRTUAL
19:15	S1		19:15	S1		19:15	S1		18:30	S2	GAC 30'	19:00	S1		12:00	SC	CY. VIRTUAL
19:00	SC	CYCLING	19:15	SC	CYCLING	19:00	SC	CYCLING	19:15	S1	PILATES	19:00	SC	CYCLING			
19:15	PS	AQUAGYM	19:15	S2	R.POSTURAL	19:15	PS	AQUAGYM	19:15	SC	CYCLING	20:00	S1	IOGA			
20:15	S1		20:15	SC	CY. VIRTUAL	20:15	SC	CYCLING	19:15	S2	ABD 30'	20:00	SC	CY. VIRTUAL			
20:15	SC	CYCLING	20:15	S1	PEB 30'				20:15	S1							
			20:45	S1	GAC 30'				20:15	SC	CY. VIRTUAL						