

## HORARI A PARTIR DEL 09 DE GENER DEL 2023

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	CY. VIRTUAL	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL			
08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL	08:30	SC	CY. VIRTUAL			
09:15	PS	AQUACARDIO	09:15	PS	AQUATONO	09:15	PS	AQUACARDIO	09:15	PS		09:15	PS		09:30	SC	CY. VIRTUAL
09:30	SC	CYCLING	09:30	SC	CY. VIRTUAL	09:30	SC	CYCLING	09:30	SC	CY. VIRTUAL	09:30	SC	CYCLING	09:30	S1	PILATES
09:30	S1	GYM D'OR	09:30	S1	LES MILLS BODYCOMBAT	09:30	S1	FUNCIONAL	09:30	S1	LES MILLS BODYPUMP	09:30	S1	ZUMBA fitness	10:30	SC	CY. VIRTUAL
09:30	S2		09:30	S2	R. POSTURAL	09:30	S2		09:30	S2	EQUILIBRIUM	10:30	S2		10:30	S1	LES MILLS BODYPUMP
10:15	PS		10:15	PS		10:15	PS		10:30	PS	AQUATONO GRAN	10:30	PS	AQUACARDIO	11:30	SC	CY. VIRTUAL
10:30	S1	LES MILLS BODYPUMP	10:30	S1	PILATES	10:30	S1	ZUMBA fitness	10:30	S1	PILATES	10:30	S1	GAC / PEB	12:30	SC	CY. VIRTUAL
10:30	SC	CY. VIRTUAL	10:30	SC	CYCLING	10:30	SC	CY. VIRTUAL	10:30	SC	CY. VIRTUAL	10:30	SC	CY. VIRTUAL	15:30	SC	CY. VIRTUAL
10:30	S2	IOGA	10:30	S2		10:30	S2	GYM D'OR	10:30	S2		10:30	S2		16:30	SC	CY. VIRTUAL
11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	11:30	SC	CY. VIRTUAL	17:30	SC	CY. VIRTUAL
13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	13:30	SC	CY. VIRTUAL	13:30	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 BODYCOMBAT	15:20	S1	ZUMBA fitness	15:20	S1	LES MILLS BODYCOMBAT	15:20	S1				
<b>TARDA</b>																	
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			
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'	Inici	Espai	DIUMENGE
18:00	S1	LES MILLS BODYPUMP	18:00	S1	FUNCIONAL	18:00	S1	LES MILLS BODYCOMBAT	18:00	S1	PILATES	18:00	S1	GAC / PEB	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	EQUILIBRIUM	18:15	S2	R. POSTURAL	18:15	S2	PILATES	18:15	S2	ZUMBA fitness	18:15	S2	LES MILLS BODYCOMBAT	12:00	SC	CY. VIRTUAL
19:00	S1	LES MILLS BODYCOMBAT	19:00	S1	ZUMBA fitness	19:00	S1	LES MILLS BODYPUMP	19:00	S1	LES MILLS BODYCOMBAT	19:00	S1				
19:00	SC	CYCLING	19:15	SC	CYCLING	19:00	SC	CYCLING	19:15	SC	CYCLING	19:00	SC	CYCLING			
19:15	S2	PILATES	19:15	S2	APRIMA T	19:15	S2	EQUILIBRIUM	19:15	S2	BALLS EN LINIA	19:15	S1	ZUMBA fitness			
19:15	PS	AQUACARDIO	19:15	PS		19:15	PS	AQUATONO	19:15	PS		19:15	PS	AQUAWOD			
20:00	SC	CYCLING	20:00	SC		20:00	SC	CYCLING	20:00	SC		20:00	SC	CY. VIRTUAL			
20:15	S1	ZUMBA fitness	20:15	S1	PILATES	20:15	S1	GAC / PEB	20:15	S1	LES MILLS BODYPUMP	20:15	S1	IOGA			
20:15	SC		20:15	SC	CY. VIRTUAL	20:15	SC		20:15	SC	CY. VIRTUAL	20:15	SC				