

HORARI A PARTIR DEL 02 DE ABRIL DEL 2024

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	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL	07:15	SC	CY. VIRTUAL			
08:15	PS		08:30	SC	AQUACARDIO	08:30	SC		08:30	SC	AQUATONO	08:30	SC				
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	09:30	SC	CY. VIRTUAL
09:15	PS	AQUACARDIO	09:15	PS		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	LES MILLS BODYPUMP
09:30	S1	LES MILLS BODYPUMP	09:30	S1	LES MILLS BODYCOMBAT	09:30	S1	MixMils	09:30	S1	LES MILLS BODYPUMP	09:30	S1	ZUMBA fitness	10:30	SC	CY. VIRTUAL
09:30	S2		09:30	S2	PILATES	09:30	S2		09:30	S2	EQUILIBRIUM	10:30	S2		10:30	S1	PILATES
10:30	PS		10:30	PS	AQUATONO	10:15	PS		10:30	PS	AQUATONO GRAN	10:30	PS	AQUACARDIO	11:30	SC	CY. VIRTUAL
10:30	S1	FUNCIONAL	10:30	S1	TOTAL BODY	10:30	S1	ZUMBA fitness	10:30	S1	PILATES	10:30	S1	TOTAL BODY	12:30	SC	CY. VIRTUAL
10:30	SC	CY. VIRTUAL	10:30	SC	CYCLING	10:30	SC	CY. VIRTUAL	10:30	SC	CYCLING	10:30	SC	CY. VIRTUAL	15:30	SC	CY. VIRTUAL
10:30	S2	IOGA	10:30	S2		10:30	S2	ESTIRAMENTS	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			
MIGDIA																	
14:30	SC	CY. VIRTUAL	14:30	SC	CY. VIRTUAL	14:30	SC	CY. VIRTUAL	14:30	SC	CY. VIRTUAL	14:30	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	SC	CY. VIRTUAL			
15:20	S1	FUNCIONAL	15:20	S1	PILATES	15:20	S1	LES MILLS BODYPUMP	15:20	S1	TOTAL BODY	15:20	S1	ESTIRAMENTS			
TARDA																	
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	COMBAT 30'	17:15	S1	GAC 30'	17:15	S1	PEB 30'	17:15	S1	ABD 30'			
18:00	S1	LES MILLS BODYPUMP	18:00	S1	FUNCIONAL	18:00	S1	LES MILLS BODYCOMBAT	18:00	S1	MixMils	18:00	S1	TOTAL BODY			
18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	SC	CYCLING	18:15	SC	CYCLING	18:00	SC	CY. VIRTUAL			
18:15	S2	EQUILIBRIUM	18:15	S2	R. POSTURAL	18:15	S2	PILATES	18:15	S2	ZUMBA fitness	18:15	S2	ZUMBA fitness			
19:00	S1	LES MILLS BODYCOMBAT	19:00	S1	PILATES	19:00	S1	LES MILLS BODYPUMP	19:00	S1	FUNCIONAL	19:00	S1	LES MILLS BODYCOMBAT			
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	ZUMBA fitness	19:15	S2	EQUILIBRIUM	19:15	S2	R. POSTURAL	19:15	S1				
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	LES MILLS BODYPUMP	20:15	S1	TOTAL BODY	20:15	S1	PILATES	20:15	S1	IOGA			
20:15	SC		20:15	SC	CY. VIRTUAL	20:15	SC		20:15	SC	CY. VIRTUAL	20:15	SC				

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

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