

A partir del 8 de Setembre

| HORA    | DILLUNS                                   | DIMARTS                                | DIMECRES                                  | DIJOUS                                   | DIVENDRES                              | HORA   | DISSABTE                             |
|---------|-------------------------------------------|----------------------------------------|-------------------------------------------|------------------------------------------|----------------------------------------|--------|--------------------------------------|
| 7:00 H  | NATACIÓ PER ADULTS<br>Piscina - 14 places | CYCLING<br>Sala 1- 14 places           |                                           |                                          |                                        |        |                                      |
| 8:00 H  | PILATES<br>Sala 1 - 20 places             | GLOBAL FIT<br>Sala 1 - 20 places       | TONO<br>Sala 1 - 18 places                | GLOBAL FIT<br>Sala 1 - 20 places         | PILATES<br>Sala 1 - 20 places          |        |                                      |
| 9:15 H  | INTERVAL<br>Sala 1 - 16 places            | BODY GYM<br>Sala 1 - 16 places         | HATHA IOGA<br>Sala 1 - 20 plac            | ENTRENAMENT FORÇA<br>Sala 1 - 14 places  | TONO<br>Sala 1 - 18 places             | 9:00 H | RITMES LLATINS<br>Sala 1 - 16 places |
|         |                                           | PILATES<br>Sala 3 - 10 places          | AIGUAGYM<br>Piscina - 40 places           |                                          |                                        | 9:35 H | AIGUAGYM<br>Piscina - 20 places      |
| 10:15 H | AIGUAGYM<br>Piscina - 40 places           | AIGUAGYM<br>Piscina - 40 places        | HIPOPRESSIUS<br>Sala 3 - 10 places        | 10:00H - AIGUAGYM<br>Piscina - 40 places | GIMNÀSTICA DOLÇA<br>Sala 1 - 25 places |        |                                      |
|         |                                           | GIMNÀSTICA DOLÇA<br>Sala 1 - 25 places | ZUMBA<br>Sala 1 - 22 places               |                                          |                                        |        |                                      |
| 11:15 H | HIPOPRESSIUS<br>Sala 1 - 20 places        | GLOBAL STRETCH<br>Sala 3 - 10 places   | PILATES<br>Sala 1 - 20 places             |                                          |                                        |        |                                      |
| 15:15 H | CARDIOBOX<br>Sala 1 - 22 places           |                                        | TONO<br>Sala 1 - 18 places                |                                          | BODY GYM<br>Sala 1 - 16 places         |        |                                      |
| 16:15 H | ASSESSORAMENT<br>SALA FITNESS             |                                        | PILATES<br>Sala 1 - 20 places             |                                          |                                        |        |                                      |
| 17:00 H | ENTRENAMENT FORÇA<br>Sala 1 - 14 places   | PILATES<br>Sala 1 - 20 places          | BODY GYM<br>Sala 1 - 16 places            | GLOBAL FIT<br>Sala 3 - 10 places         | TONO<br>Sala 1 - 18 places             |        |                                      |
|         | GLOBAL FIT<br>Sala 3 - 10 places          |                                        | GLOBAL FIT<br>Sala 3 - 10 places          |                                          |                                        |        |                                      |
|         | ASSESSORAMENT 17:30h<br>SALA FITNESS      | ASSESSORAMENT 17:30h<br>SALA FITNESS   | ASSESSORAMENT 17:30h<br>SALA FITNESS      | ASSESSORAMENT 17:30h<br>SALA FITNESS     |                                        |        |                                      |
| 18:00 H | BODY GYM<br>Sala 1 - 16 places            | RITMES LLATINS<br>Sala 1 - 16 places   | PILATES<br>Sala 1 - 20 places             | INTERVAL<br>Sala 3- 10 places            | CARDIOBOX<br>Sala 1 - 22 places        |        |                                      |
|         | PILATES<br>Sala 3 - 10 places             | GLOBAL FIT<br>Sala 3 - 10 places       | CYCLING<br>Sala 3 - 14 places             | ZUMBA<br>Sala 1 - 22 places              |                                        |        |                                      |
|         | ASSESSORAMENT 18:30h<br>SALA FITNESS      | ASSESSORAMENT 18:30h<br>SALA FITNESS   | ASSESSORAMENT 18:30h<br>SALA FITNESS      | ASSESSORAMENT 18:30h<br>SALA FITNESS     |                                        |        |                                      |
| 19:00 H | TONO<br>Sala 1 - 18 places                | INTERVAL<br>Sala 1 - 16 places         | CARDIOBOX<br>Sala 1 - 22 places           | GAC 45 MINUTS<br>Sala 1 - 18 places      | PILATES<br>Sala 1 - 20 places          |        |                                      |
|         | CYCLING<br>Sala 3 - 14 places             | AIGUAGYM<br>Piscina - 20 places        | IOGA RESTAURATIU<br>Sala 3 - 10 places    | GLOBAL STRETCH<br>Sala 3 - 10 places     |                                        |        |                                      |
|         | ASSESSORAMENT 19:30<br>SALA FITNESS       | ASSESSORAMENT 19:30<br>SALA FITNESS    | NATACIÓ PER ADULTS<br>Piscina - 14 places | ASSESSORAMENT 19:30<br>SALA FITNESS      |                                        |        |                                      |
|         |                                           |                                        | ASSESSMENT 19:30<br>SALA FITNESS          |                                          |                                        |        |                                      |
| 20:00 H | ZUMBA<br>Sala 1 - 22 places -             |                                        | HATHA IOGA<br>Sala 1 - 20 places          |                                          |                                        |        |                                      |