

A partir del 14 de novembre

Intensitat Baixa\* Intensitat Mitja\*\* Intensitat Alta\*\*\*

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:00 H		<b>INTERVAL ***</b> Sala 1 - 15 places				
8:00 H	<b>PILATES **</b> Sala 1 - 20 places	<b>GLOBAL FIT *</b> Sala 1 - 20 places		<b>GLOBAL FIT *</b> Sala 1 - 20 places	<b>PILATES **</b> Sala 1 - 20 places	
9:15 H	<b>AIGUAGYM *</b> Piscina - 40 places	<b>9:10H - BODY GYM ***</b> Sala 1 - 15 places	<b>IOGA *</b> Sala 1 - 20 places	<b>9:10H - PILATES **</b> Sala 1 - 20 places	<b>TONO **</b> Sala 1 - 16 places	<b>AIGUAGYM *</b> Piscina - 30 places
			<b>AIGUAGYM *</b> Piscina - 40 places			
10:15 H	<b>INTERVAL ***</b> Sala 1 - 15 places	<b>10:00H - AIGUAGYM *</b> Piscina - 40 places	<b>ZUMBA **</b> Sala 1 - 22 places	<b>10:00H BODY GYM ***</b> Sala 1 - 15 places	<b>GIMNÀSTICA DOLÇA *</b> Sala 1 - 25 places	
				<b>10:00H - AIGUAGYM *</b> Piscina - 40 places		
11:15 H	<b>HIPOPRESSIUS *</b> Sala 1 - 20 places		<b>PILATES **</b> Sala 1 - 20 places	<b>11:00H - PRE-PART</b> Piscina - 12 places		
15:15 H	<b>TONO **</b> Sala 1 - 16 places	<b>ZUMBA **</b> Sala 1 - 22 places	<b>INTERVAL ***</b> Sala 1 - 15 places	<b>PILATES **</b> Sala 1 - 20 places	<b>BODY GYM ***</b> Sala 1 - 15 places	
	<b>AIGUAGYM *</b> Piscina - 30 places					
16:10 H	<b>PILATES **</b> Sala 1 - 20 places	<b>GAC 30 MINUTS ***</b> Sala 1 - 18 places	<b>PILATES **</b> Sala 1 - 20 places			
17:00 H	<b>IOGA RESTAURATIU *</b> Sala 1 - 20 places	<b>PILATES **</b> Sala 1 - 20 places	<b>BODY GYM ***</b> Sala 1 - 15 places	<b>STEP INICIACIÓ **</b> Sala 1 - 18 places	<b>CARDIOBOX ***</b> Sala 1 - 22 places	
	<b>ENTRENAMENT FORÇA ***</b> Sala 3 - 10 places					
18:00 H	<b>BODY GYM ***</b> Sala 1 - 15 places	<b>STEP **</b> Sala 1 - 18 places	<b>PILATES **</b> Sala 1 - 20 places	<b>ZUMBA **</b> Sala 1 - 22 places	<b>INTERVAL ***</b> Sala 1 - 15 places	
	<b>GLOBAL FIT *</b> Sala 3 - 10 places	<b>GLOBAL STRETCH *</b> Sala 3 - 10 places	<b>CYCLING ***</b> Sala 3 - 15 places	<b>HIPOPRESSIUS *</b> Sala 3 - 10 places	<b>HATHA IOGA **</b> Sala 3 - 10 places	
19:00 H	<b>PILATES **</b> Sala 1 - 20 places	<b>PILATES **</b> Sala 1 - 20 places	<b>CARDIOBOX ***</b> Sala 1 - 22 places	<b>GLOBAL FIT *</b> Sala 1 - 20 places	<b>PILATES **</b> Sala 1 - 20 places	
	<b>CYCLING ***</b> Sala 3 - 15 places	<b>HIIT ***</b> Sala 3 - 10 places	<b>AQUAFIT **</b> Piscina - 30 places	<b>TONO **</b> Sala 3 - 10 places		
20:00 H	<b>ZUMBA **</b> Sala 1 - 20 places	<b>BODY GYM ***</b> Sala 1 - 15 places	<b>IOGA VINYASA + MEDITACIÓ **</b> Sala 1 - 20 places (1,5h)	<b>INTERVAL ***</b> Sala 1 - 15 places		