

A partir del 12 de setembre

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

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:00 H		INTERVAL *** Sala 1 - 14 places				
8:00 H	PILATES ** Sala 1 - 18 places	GLOBAL FIT * Sala 1 - 18 places		GLOBAL FIT * Sala 1 - 18 places	PILATES ** Sala 1 - 18 places	
9:15 H	AIGUAGYM * Piscina - 40 places	9:10H - BODY GYM *** Sala 1 - 14 places	IOGA * Sala 1 - 18 places	9:10H - PILATES ** Sala 1 - 18 places	TONO ** Sala 1 - 14 places	AIGUAGYM * Piscina - 30 places
			AIGUAGYM * Piscina - 40 places			
10:15 H	INTERVAL *** Sala 1 - 14 places	10:00H - AIGUAGYM * Piscina - 40 places	ZUMBA ** Sala 1 - 16 places	10:00H BODY GYM *** Sala 1 - 14 places	GIMNÀSTICA DOLÇA * Sala 1 - 20 places	
				10:00H - AIGUAGYM * Piscina - 40 places		
11:15 H	HIPOPRESSIUS * Sala 1 - 18 places		PILATES ** Sala 1 - 18 places	11:00H - PRE-PART Piscina - 12 places		
15:15 H	TONO ** Sala 1 - 14 places	ZUMBA ** Sala 1 - 16 places	INTERVAL *** Sala 1 - 14 places	PILATES ** Sala 1 - 18 places	BODY GYM *** Sala 1 - 14 places	
	AIGUAGYM * Piscina - 20 places					
16:10 H	PILATES ** Sala 1 - 18 places	GAC 30 MINUTS *** Sala 1 - 16 places	PILATES ** Sala 1 - 18 places			
17:00 H	IOGA RESTAURATIU * Sala 1 - 18 places	PILATES ** Sala 1 - 18 places	BODY GYM *** Sala 1 - 14 places	STEP INICIACIÓ ** Sala 1 - 16 places	CARDIOBOX *** Sala 1 - 18 places	
	ENTRENAMENT FORÇA *** Pista Exterior - 18 places					
18:00 H	GLOBAL FIT * Sala 1 - 18 places	GLOBAL STRETCH * Sala 1 - 18 places	PILATES ** Sala 1 - 18 places	HIPOPRESSIUS * Sala 1 - 18 places	HATHA IOGA ** Sala 1 - 18 places	
	BODY GYM *** Pista Exterior - 18 places	STEP ** Pista Exterior - 18 places	CYCLING *** Pista Exterior - 15 places	ZUMBA ** Pista Exterior - 18 places	INTERVAL *** Pista Exterior - 18 places	
19:00 H	PILATES ** Sala 1 - 18 places	PILATES ** Sala 1 - 18 places	CARDIOBOX *** Sala 1 - 18 places	GLOBAL FIT * Sala 1 - 18 places	PILATES ** Sala 1 - 18 places	
	CYCLING *** Pista Exterior - 15 places	HIIT *** Sala 3 - 8 places	AQUAFIT ** Piscina - 20 places	TONO ** Pista Exterior - 18 places		
20:00 H	ZUMBA ** Sala 1 - 16 places	BODY GYM *** Sala 1 - 14 places	IOGA VINYASA + MEDITACIÓ ** Sala 1 - 18 places (1,5h)	INTERVAL *** Sala 1 - 14 places		