


		Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
07:15 - 08:00	SC		CYCLING ♥♥		CYCLING ♥♥		
07:15 - 08:05	S1	BODY PUMP ♥		ZUMBA ♥♥			
	S2					PILATES ♥♥	
08:15 - 08:30	Sala Fitness	ABD. EXPRESS 15' ♥	ABD. EXPRESS 15' ♥	ABD. EXPRESS 15' ♥	ABD. EXPRESS 15' ♥	ABD. EXPRESS 15' ♥	
08:15 - 08:45	PS	AIGUAPOWER 30' ♥♥		AIGUAPOWER 30' ♥♥		AIGUAPOWER 30' ♥♥	
08:30 - 09:20	S1		PILATES ♥♥			BODY PUMP ♥	
09:00 - 09:15	Sala Fitness	ABD. EXPRESS 15' ♥		ABD. EXPRESS 15' ♥			
09:30 - 09:45	Sala Fitness		ABD. EXPRESS 15' ♥				
09:30 - 10:00	S1	GAC 30' ♥♥					
	Sala Fitness				DUET WALKING ♥♥		
09:30 - 10:15	SC	CYCLING ♥♥		CYCLING ♥♥		CYCLING ♥♥	
09:30 - 10:20	S2	IOGA ♥	ZUMBA D'OR ♥	IOGA ♥	BODY BALANCE ♥	ESQUENA SANA ♥	
					ZUMBA D'OR ♥		
	S1		BODY PUMP ♥	BODY COMBAT ♥♥		CTC ♥♥	
10:00 - 10:45	PS	AIGUAGIM ♥		AIGUAGIM ♥			
10:00 - 10:50	PS						AIGUAGIM ♥
	SW			DUET CAMP ♥♥		DUET CAMP ♥♥	
	S1	STEP ♥♥					
10:00 - 11:15	S3	MUAY THAI ♥♥	MUAY THAI ♥♥		MUAY THAI ♥♥		
10:30 - 10:45	Sala Fitness	ABD. EXPRESS 15' ♥		ABD. EXPRESS 15' ♥			ABD. EXPRESS 15' ♥
10:30 - 10:50	PS					AQUAXPRESS 15' ♥	
10:30 - 10:50	Sala Fitness					RADIKAL 20' ♥♥	
10:30 - 11:00	S2	MEDITACIÓ 30' ♥	QI-GONG 30' ♥	ESTIR.HOLÍSTICS 30' ♥	QI-GONG 30' ♥		
	Sala Fitness	DUET WALKING ♥♥		DUET WALKING ♥♥			
10:30 - 11:15	PS		AIGUAGIM ♥		AIGUAGIM ♥		
	SC		CYCLING ♥♥		CYCLING ♥♥		
10:30 - 11:20	S1		ZUMBA ♥♥	BODY PUMP ♥	DUET LLATI ♥♥	BODY COMBAT ♥♥	
	S2					PILATES ♥♥	
11:00 - 11:50	S1						BODY PUMP ♥
	S2	ESQUENA SANA ♥	TAI-TXI ♥	ESQUENA SANA ♥	TAI-TXI ♥		
11:30 - 11:45	Sala Fitness	DST 15' ♥♥	ABD. EXPRESS 15' ♥			DST 15' ♥♥	DST 15' ♥♥
11:30 - 12:20	S2			BODY BALANCE ♥			
	S1				ZUMBA ♥♥		
12:00 - 12:15	PS		AQUAXPRESS 15' ♥				
12:00 - 12:20	Sala Fitness						RADIKAL 20' ♥♥
12:00 - 12:30	PS	AIGUAPOWER 30' ♥♥		AIGUAPOWER 30' ♥♥		AIGUAPOWER 30' ♥♥	
12:00 - 12:45	PS				AIGUAGIM ♥		
	SC						CYCLING ♥♥
15:00 - 15:30	Sala Fitness		DUET WALKING ♥♥			DUET WALKING ♥♥	
15:15 - 15:30	PS		AQUAXPRESS 15' ♥		AQUAXPRESS 15' ♥		
15:30 - 15:50	Sala Fitness				RADIKAL 20' ♥♥		
15:30 - 16:15	SC	CYCLING ♥♥		CYCLING ♥♥		CYCLING ♥♥	

15:30 - 16:20	S1	BODY COMBAT ♥♥	BODY PUMP ♥	STEP ♥♥	DUET LLATI ♥♥	ZUMBA ♥♥	
16:30 - 16:45	Sala Fitness			ABD. EXPRESS 15' ♥			
16:30 - 17:20	S1	BODY PUMP ♥		BODY COMBAT ♥♥		CTC ♥♥	
	S2		BODY BALANCE ♥				
17:00 - 17:15	Sala Fitness	ABD. EXPRESS 15' ♥					
17:00 - 17:30	S1		GAC 30' ♥♥		GAC 30' ♥♥		
17:15 - 18:35	Sala Fitness		RADIKAL 20' ♥♥				
17:30 - 17:45	Sala Fitness				ABD. EXPRESS 15' ♥		
17:30 - 18:20	S1	BODY COMBAT ♥♥	ZUMBA ♥♥	BODY PUMP ♥	STEP ♥♥	ZUMBA ♥♥	
	S2		ESQUENA SANA ♥				
17:30 - 18:30	S2	DANCE KIDS ♥	KARATE KIDS ♥	DANCE KIDS ♥	KARATE KIDS ♥		
	S3	MUAY THAI INFANTIL ♥		MUAY THAI INFANTIL ♥			
18:00 - 18:15	Sala Fitness			ABD. EXPRESS 15' ♥			
18:30 - 19:00	S2			QI-GONG 30' ♥			
	Sala Fitness		DUET WALKING ♥♥		DUET WALKING ♥♥		
18:30 - 19:15	SC	CYCLING ♥♥		CYCLING ♥♥		CYCLING ♥♥	
	PS	AIGUAGIM ♥	AIGUAGIM ♥	AIGUAGIM ♥	AIGUAGIM ♥	AIGUAGIM ♥	
18:30 - 19:20	S2	TAI-TXI ♥	PILATES ♥♥		PILATES ♥♥	BODY BALANCE ♥	
	S1	BODY PUMP ♥	CTC ♥♥	AERÒBIC ♥♥		BODY PUMP ♥	
18:30 - 20:00	S3	MUAY THAI ♥♥		MUAY THAI ♥♥		MUAY THAI ♥♥	
19:00 - 19:15	Sala Fitness				ABD. EXPRESS 15' ♥		
19:00 - 19:50	S2			TAI-TXI ♥			
	SW		DUET CAMP ♥♥		DUET CAMP ♥♥		
19:15 - 19:30	PS		AQUAXPRESS 15' ♥		AQUAXPRESS 15' ♥		
19:15 - 20:00	PS	AIGUAGIM ♥		AIGUAGIM ♥			
19:30 - 19:45	Sala Fitness		ABD. EXPRESS 15' ♥				
19:30 - 20:00	S2		ESTIR.HOLÍSTICS 30' ♥				
	Sala Fitness	DUET WALKING ♥♥					
19:30 - 20:15	SC	CYCLING ♥♥	CYCLING ♥♥	CYCLING ♥♥	CYCLING ♥♥		
19:30 - 20:20	S2	BODY BALANCE ♥			IOGA ♥		
	S1	DUET LLATI ♥♥	AERÒBIC ♥♥		BODY COMBAT ♥♥	POWER GAC ♥♥	
20:00 - 20:50	S2		IOGA ♥	BODY BALANCE ♥			
	SW		CLUB RUNNER ♥		RUNNER CLUB TRIATLÓ		
20:00 - 21:00	PS	CLUB SWIMMER ♥		SWIMMER CLUB TRIATLÓ			
20:00 - 21:30	S3	MUAY THAI ♥♥	MUAY THAI ♥♥	MUAY THAI ♥♥	MUAY THAI ♥♥		
20:30 - 20:45	Sala Fitness	ABD. EXPRESS 15' ♥					
20:30 - 21:15	SC	CYCLING ♥♥	CYCLING ♥♥	CYCLING ♥♥	CYCLING ♥♥		
20:30 - 21:20	S1	FLAMENCO CLÁSIC ♥♥	BODY PUMP ♥	BODY COMBAT ♥♥	ZUMBA ♥♥		
	S2					IOGA ♥	
20:30 - 21:30	S1					SALSA ♥	
20:30 - 22:00	S2	KARATE ♥♥			KARATE ♥♥		
21:00 - 21:15	PS	AQUAXPRESS 15' ♥		AQUAXPRESS 15' ♥			
21:30 - 21:45	Sala Fitness		ABD. EXPRESS 15' ♥		ABD. EXPRESS 15' ♥		

21:30 - 22:00	S2					MEDITACIÓ 30' 	
21:30 - 22:30	S1					SALSA 