

		Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07:15 - 08:00	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
07:15 - 08:05	S1	BODY PUMP		ZUMBA		PILATES		
08:15 - 08:30	Sala Xpress	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'		
08:15 - 09:05	S1		TONIFICACIÓ		ESQUENA SANA			
08:30 - 09:15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
09:30 - 09:45	Sala Xpress	ABD. EXPRESS 15'	ABD. EXPRESS 15'		ABD. EXPRESS 15'		ABD. EXPRESS 15'	ABD. EXPRESS 15'
09:30 - 10:00	Sala Fitness		DUET WALKING		DUET WALKING			
09:30 - 10:20	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING		CYCLING VIRTUAL
	S1	CTC	ZUMBA D'OR	BODY COMBAT	ZUMBA D'OR	BODY PUMP		
	S2	IOGA	BODY BALANCE	IOGA	BODY BALANCE			
	PS						AIGUAGIM FAMILY	
10:00 - 10:50	PS	AIGUAGIM		AIGUAGIM				
10:00 - 11:30	S3	MUAY THAI	BOXEO	MUAY THAI	BOXEO			
10:30 - 10:45	Sala Fitness		RADIKAL 20'		RADIKAL 20'		RADIKAL 20'	
	Sala Xpress	ABD. EXPRESS 15'		ABD. EXPRESS 15'		ABD. EXPRESS 15'		ABD. EXPRESS 15'
10:30 - 11:00	S2	MEDITACIÓ 30'	QI-GONG 30'	MEDITACIÓ 30'	QI-GONG 30'			
	Sala Fitness	DUET WALKING		DUET WALKING				
10:30 - 11:20	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
	S1	STEP	AERÒBIC	BODY PUMP	GLAM DANCE	BODY COMBAT	ZUMBA	
	PS		AIGUAGIM		AIGUAGIM			
	S2					PILATES		
11:00 - 11:15	Sala Xpress						ABD. EXPRESS 15'	
11:00 - 11:20	PS					AQUAPRESS 15'		
11:00 - 11:50	S2	ESQUENA SANA	TAI-TXI	ESQUENA SANA	TAI-TXI			
11:30 - 11:45	Sala Xpress	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'		
11:30 - 12:00	Sala Fitness						RADIKAL 20'	RADIKAL 20'
	PS					AIGUAPOWER 30'		
11:30 - 12:15	SC	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	
11:30 - 12:20	S1		PILATES	ZUMBA		IOGA	BODY PUMP	
	SC							CYCLING VIRTUAL
12:00 - 12:15	Sala Xpress							ABD. EXPRESS 15'
	Sala Fitness						RADIKAL 20'	
12:00 - 12:30	PS	AIGUAPOWER 30'		AIGUAPOWER 30'				
	S2			ESTIR.HOLÍSTICS 30'				
12:30 - 13:15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
13:00 - 13:15	Sala Xpress	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'			
13:00 - 13:20	Sala Xpress					ABD. EXPRESS 15'		

13:30 - 14:15	SC	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	
13:30 - 14:20	SC		CYCLING VIRTUAL		CYCLING VIRTUAL			
14:00 - 14:15	Sala Xpress		ABD. EXPRESS 15'		ABD. EXPRESS 15'	ABD. EXPRESS 15'		
	Sala Fitness	RADIKAL 20'		RADIKAL 20'				
14:30 - 15:15	SC	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	
14:30 - 15:20	SC		CYCLING VIRTUAL		CYCLING VIRTUAL			
15:00 - 15:30	Sala Fitness	DUET WALKING						
15:30 - 15:45	Sala Fitness		RADIKAL 20'		RADIKAL 20'			
15:30 - 15:50	Sala Xpress	ABD. EXPRESS 15'		ABD. EXPRESS 15'		ABD. EXPRESS 15'		
15:30 - 16:00	PS		AQUAPRESS 15'		AQUAPRESS 15'			
15:30 - 16:15	SC		CYCLING VIRTUAL		CYCLING VIRTUAL			
15:30 - 16:20	S1	GLAM DANCE	STEP	ZUMBA	BODY PUMP			
	SC	CYCLING		CYCLING		CYCLING		
16:30 - 16:45	Sala Xpress	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'	ABD. EXPRESS 15'			
	Sala Fitness						RADIKAL 20'	
16:30 - 17:15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	
16:30 - 17:20	S1	CTC		BODY COMBAT		BODY PUMP		
17:15 - 18:00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17:30 - 17:45	Sala Xpress					ABD. EXPRESS 15'	ABD. EXPRESS 15'	
	Sala Fitness		RADIKAL 20'		RADIKAL 20'			
17:30 - 18:20	S2		ESQUENA SANA		ESQUENA SANA			
	S1	ZUMBA	CTC	BODY PUMP	STEP	ZUMBA FAMILY		
	S2	DANCE KIDS		DANCE KIDS				
	PV		DANCE KIDS		DIVERSPORTS			
17:30 - 18:30			DIVERSPORTS		DANCE KIDS			
	S3		MUAY THAI INFANTIL		MUAY THAI INFANTIL			
18:00 - 18:15	Sala Fitness	RADIKAL 20'		RADIKAL 20'			RADIKAL 20'	
18:30 - 18:45	Sala Fitness		RADIKAL 20'		RADIKAL 20'			
18:30 - 19:00	Sala Fitness		DUET WALKING		DUET WALKING			
18:30 - 19:15	SC	CYCLING		CYCLING		CYCLING		
	PS	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM			
18:30 - 19:20	PS					AIGUAGIM FAMILY		
	S1	BODY PUMP	ZUMBA	AERÒBIC	CTC	BODY COMBAT		
	S2	PILATES	PILATES	PILATES	IOGA	QI-GONG 30'		
	S3	MUAY THAI						
18:30 - 19:30	S3	MUAY THAI						
19:00 - 19:15	Sala Xpress	ABD. EXPRESS 15'		ABD. EXPRESS 15'		ABD. EXPRESS 15'	ABD. EXPRESS 15'	
19:00 - 20:00	PS		DUET CAMP		DUET CAMP			
19:00 - 20:30	S3			MUAY THAI				
19:30 - 20:00	S2		ESTIR.HOLÍSTICS 30'					
	Sala Fitness	DUET WALKING		DUET WALKING				

19:30 - 20:15	PS	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM			
	SC	CYCLING	CYCLING	CYCLING	CYCLING			
19:30 - 20:20	S2	BODY BALANCE		BODY BALANCE	PILATES	IOGA		
	S1	BODY COMBAT	BODY PUMP	ZUMBA	BODY PUMP			
19:30 - 21:00	S3	MUAY THAI						
20:00 - 20:15	Sala Xpress		ABD. EXPRESS 15'		ABD. EXPRESS 15'			
	Sala Fitness					RADIKAL 20'		
20:00 - 20:50	S2		IOGA					
20:00 - 21:30	S3		BOXEO		BOXEO			
20:15 - 20:30	Sala Fitness	RADIKAL 20'		RADIKAL 20'				
20:30 - 21:00	S2					MEDITACIÓ 30'		
20:30 - 21:15	SC	CYCLING			CYCLING			
20:30 - 21:20	S2	ESQUENA SANA		TAI-TXI				
	S1	GAC	BODY COMBAT	BODY PUMP	ZUMBA			
21:30 - 21:45	Sala Fitness				RADIKAL 20'			
	Sala Xpress	ABD. EXPRESS 15'				ABD. EXPRESS 15'		