























		Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07:15 - 08:00	SC		CYCLING		CYCLING			
07:15 - 08:05	S1	BODY PUMP		ZUMBA		BODY BALANCE		
08:15 - 09:00	PS	AIGUAPOWER 30'		AIGUAPOWER 30'		AIGUAPOWER 30'		
09:30 - 10:00	Sala Fitness				DUET WALKING			
	S1	GAC 30'						
09:30 - 10:15	SC	CYCLING		CYCLING		CYCLING		
09:30 - 10:20	S1		CTC	BODY COMBAT	ZUMBA D'OR	BODY PUMP		
	S2	IOGA	ZUMBA D'OR	IOGA	BODY BALANCE	GIM D'OR		
10:00 - 10:45	PS	AIGUAGIM		AIGUAGIM				
10:00 - 10:50	S1	STEP						
10:00 - 11:30	S3	MUAY THAI	BOXEO	MUAY THAI	BOXEO			
10:20 - 11:10	S1		ZUMBA					
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	S2					PILATES		
	S1			BODY PUMP	GLAM DANCE	BODY COMBAT		
10:45 - 11:00	PS					AQUAXPRESS 15'		
11:00 - 11:50	S2	ESQUENA SANA	TAI-TXI	ESQUENA SANA	TAI-TXI			
11:20 - 12:10	S2				PILATES			
11:30 - 12:20	S1			ZUMBA				
12:00 - 12:20	Sala Fitness						RADIKAL 20'	
12:00 - 12:30	PS	AIGUAPOWER 30'		AIGUAPOWER 30'		AIGUAPOWER 30'		
14:00 - 14:20	Sala Fitness				RADIKAL 20'			
15:00 - 15:30	Sala Fitness	DUET WALKING				DUET WALKING		
15:15 - 15:30	PS				AQUAXPRESS 15'			
15:30 - 15:50	Sala Fitness				RADIKAL 20'			
15:30 - 16:15	SC	CYCLING		CYCLING		CYCLING		
15:30 - 16:20	S1	ZUMBA	BODY PUMP	STEP	AERÒBIC			
16:30 - 17:20	S1	CTC		BODY COMBAT		BODY PUMP		
17:30 - 17:50	Sala Fitness	RADIKAL 20'						
17:30 - 18:20	S2		ESQUENA SANA		ESQUENA SANA			
	S1	GLAM DANCE	ZUMBA	BODY PUMP	BODY COMBAT	ZUMBA FAMILY		
18:30 - 18:50	Sala Fitness		RADIKAL 20'					
18:30 - 19:00	Sala Fitness		DUET WALKING		DUET WALKING			
18:30 - 19:15	PS	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM FAMILY		
	SC	CYCLING		CYCLING		CYCLING		

18:30 - 19:20	S1	BODY PUMP  	STEP  		CTC	BODY PUMP  		
	S2	ZUMBA  	PILATES	PILATES	PILATES			
19:00 - 19:20	Sala Fitness			RADIKAL 20'				
19:00 - 19:50	SW		DUET CAMP  		DUET CAMP  			
19:00 - 20:30	S3	MUAY THAI  		MUAY THAI  				
19:30 - 20:00	S2		ESTIR.HOLÍSTICS 30'					
19:30 - 20:15	SC	CYCLING	CYCLING	CYCLING	CYCLING			
	PS	AIGUAGIM		AIGUAGIM				
19:30 - 20:20	S2	BODY BALANCE		BODY BALANCE	IOGA	IOGA		
	S1	AERÒBIC	BODY COMBAT	ZUMBA  	BODY PUMP  			
20:00 - 20:50	S2		IOGA					
20:00 - 21:30	S3		BOXEO		BOXEO			
20:30 - 20:50	Sala Fitness				RADIKAL 20'			
20:30 - 21:00	S2					MEDITACIÓ 30'		
20:30 - 21:15	SC	CYCLING			CYCLING			
20:30 - 21:20	S1		BODY PUMP  	BODY COMBAT	ZUMBA 