

	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
7.15	BEST CYCLING SALA CYCLING		BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING		
8.30	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	
8.45				ESTIRAMENTS SALA 1		
9.00						IOGA SALA 1
9.30	BODYPUMP SALA 1	GYM SUAU SALA 1	AQUAGYM OUTDOOR	AQUAGYM OUTDOOR	AQUAGYM OUTDOOR	BEST CYCLING SALA CYCLING
					BODYPUMP SALA 1	
10.30	ZUMBA SALA 1		IOGA SALA 1	GYM SUAU SALA 1	ZUMBA SALA 1	BEST CYCLING SALA CYCLING
11.30	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING
	OPEN CROSS SALA FUNCIONAL	OPEN CROSS SALA FUNCIONAL		OPEN CROSS SALA FUNCIONAL		
14.00	BODYPUMP SALA 1		FUNCIONAL SALA FUNCIONAL			
15.15		PILATES SALA 1	PILATES SALA 1		IOGA DINÀMIC SALA 1	
16.15	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	
17.30	BEST CYCLING SALA CYCLING	GAC EXPRESS SALA 1	BEST CYCLING SALA CYCLING			
			OPEN CROSS SALA FUNCIONAL			
			FUNCIONAL SALA 1			
18.30	BODYPUMP SALA 1	PILATES SALA 1	HBX SALA FUNCIONAL	PILATES SALA 1	TRX SALA FUNCIONAL	
	INDOOR CYCLING SALA CYCLING	TRX SALA FUNCIONAL	INDOOR CYCLING SALA CYCLING	HBX SALA FUNCIONAL		
19.30	BODYCOMBAT SALA 1	INDOOR CYCLING SALA CYCLING	BODYCOMBAT SALA 1	BEST CYCLING SALA CYCLING	BEST CYCLING SALA CYCLING	
	TRX SALA FUNCIONAL	CROSS TRAINING ESPAI EXTERIOR				
		BODYPUMP SALA 1		BODYPUMP SALA 1		
19.45	AQUAGYM OUTDOOR		AQUAGYM OUTDOOR	WATER CROSS ESPAI EXTERIOR		
20.30	CROSS TRAINING ESPAI EXTERIOR	CORE TRAINING SALA 1		CORE TRAINING SALA 1		
20.45	IOGA SALA 1					

FORÇA / RESISTÈNCIA

CARDIO

COS/MENT

AQUÀTIQUES

FAMILIAR

INFANTIL