

	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge	
07:00			Q Training		Q Training			07:00
07:15	Fast Training	Fast Training		Virtual Spinning				07:15
08:30	BODY PUMP							08:30
08:45		GAP	BOMBAG	GAP				08:45
09:00	Slow Gym AquaFitness	AquaFitness	Slow Gym AquaFitness	AquaFitness				09:00
09:30	BODY PUMP	Spinning GLUTIS 45' Zumba	BODY COMBAT	BODY PUMP	BODY PUMP Pilates Virtual Spinning AquaFitness	Spinning	Virtual Spinning	09:30
	Spinning AquaFitness	AquaFitness	Spinning AquaFitness	Hipopresivos AquaFitness				10:00
	Core i Braços Zumba	BOMBAG Hipopresivos	BARRE-FIT LES MILLS COR...	BODY BALANCE Q Training	Abdominals / C... Zumba	BODYPUMP HE... Fast Training	Fast Training	10:30
10:40							10:40	
11:00		Pilates			Fast Training			11:00
11:30	IOGALATES		HATHA YOGA					11:30
12:30	Estiraments							12:30
13:30	Virtual Spinning	Spinning	Pilates	Q Training				13:30
13:45	BOMBAG							13:45
15:00	Q Training							15:00
15:30	BODY BALANCE	BODY PUMP	BOMBAG	BODY COMBAT	BODY PUMP			15:30
17:30	Iniciació a l' esp... Hipopresivos Spinning	IOGALATES BODY PUMP Zumba Kids LES MILLS DAN...	Jocs Del Món Cross Training Spinning	Cross Junior Zumba BODY PUMP	Fit Combat Kids Spinning BODY PUMP			17:30
	POWER CROSS GAP BODY COMBAT							18:00
	Fit Combat Kids	Cross Junior POWER CROSS Spinning BARRE-FIT LES MILLS COR...	BOMBAG BODY COMBAT Iniciació a l' esp...	loga-Kid's Spinning Hipopresivos POWER CROSS GAP	Jocs d' inclusió POWER CROSS BODY COMBAT			18:30
18:35	Spinning		Spinning					18:35
19:00	Pilates Abdominals / C...		Abdominals / C...					19:00
19:10	BODY PUMP							19:10
19:30	Kick Boxing	Spinning Boxing Iniciació AquaFitness VINYASA YOGA	Kick Boxing BODY PUMP Virtual Spinning Zumba Bodymind	Virtual Spinning BOXING AquaFitness BODY BALANCE	Estiraments			19:30
	Virtual Spinning		Virtual Spinning					20:30