

Vàlid a partir del 4 de gener de 2016

Inici	Final	Sala	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.15	08.00	SP		SPINNING		SPINNING			
07.15	08.10	B	BODYBALANCE		BODYPUMP		TBC		
08.15	09.00	PS		AIGUATONO		AIGUAMIX	AIGUATONO		
08.15	09.10	B	TBC		BODYBALANCE		BODYPUMP		
08.30	09.00	A		GAC 30'		PILATES 30'			
09.00	10.15	P					TXI KUNG		
09.15	10.00	PS	AIGUAGIM	AIGUAMIX	AIGUAMIX	AIGUATONO	AIGUATONO		
09.15	10.00	SP	SPINNING		SPINNING		SPINNING		
09.15	10.10	A	PILATES	BODYCOMBAT	PILATES	BODYBALANCE			
09.15	10.10	B	GAC	TBC D'OR	BODYPUMP	TBC	ESTIRAMENTS		
09.15	10.15	PS		AIGUATRINING					
10.00	10.45	SP						SPINNING	
10.00	10.45	PS						AIGUAMIX	
10.15	11.00	PS	AIGUAMIX	AIGUAGIM	AIGUATONO	AIGUAMIX	AIGUAGIM		
10.15	11.10	A	ESTIRAMENTS	GAC	TBC D'OR	IOGA	BODYBALANCE		
10.15	11.10	B	BODYPUMP	IOGA	AERODANCE	SH'BAM	BODYCOMBAT		
10.30	10.50	C	ABDOMINALS 20'	ESTIRAMENTS 20'	ABDOMINALS 20'	ABDOMINALS 20'			
10.30	11.15	SP		SPINNING		SPINNING			
11.00	11.55	B						BODYPUMP	
11.15	11.35	C	ESTIRAMENTS 20'	ESTIRAMENTS 20'	ESTIRAMENTS 20'		ABDOMINALS 20'		
11.15	12.00	PS	AIGUATONO		AIGUAMIX		AIGUATONO		
11.15	12.10	A		PILATES		PILATES			
11.15	12.30	A	TAI TXI I		TAI TXI I				
11.15	12.10	B	PILATES		PILATES	ESTIRAMENTS	TBC		
12.00	12.55	B						BODYBALANCE	
12.15	13.00	PS						AIGUATONO	
12.30	14.00	A	TAI TXI II		TAI TXI II				
13.15	14.00	SP		SPINNING					
13.15	14.10	A					BODYBALANCE		
13.15	14.10	B	BODYPUMP						
13.30	14.00	B			TBC 30'	ESTIRAMENTS 30'			
14.15	15.00	SP			SPINNING				
14.15	15.10	B	BODYBALANCE	TBC		BODYPUMP			
14.30	15.15	PS		AIGUAMIX		AIGUATONO			
15.15	16.10	B	TBC		BODYBALANCE				
15.30	16.25	B					BODYPUMP		
16.15	17.10	B	BODYPUMP		TBC				
16.30	17.15	PS		AIGUATONO		AIGUAMIX			
17.15	18.10	A	IOGA	PILATES	IOGA	PILATES			
17.15	18.10	B		BODYPUMP		TBC			
18.15	19.10	A	BODYBALANCE		TXI KUNG		ESTIRAMENTS		
18.15	19.10	B	BODYPUMP	GAC	AERODANCE	SH'BAM	BODYPUMP		
18.30	19.45	A		TAI TXI		TAI TXI			
18.30	19.15	SP	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING		
19.15	20.10	A	BODYCOMBAT		ESTIRAMENTS				
19.15	20.10	B	TBC	SH'BAM	BODYPUMP	BODYCOMBAT	BODYBALANCE		
19.15	20.00	PS	AIGUAMIX	AIGUAMIX	AIGUATONO	AIGUATONO	AIGUAMIX		
19.30	20.15	SP	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING		
19.45	20.15	A		GAC 30'		ESTIRAMENTS 30'			
20.15	21.10	A	PILATES	IOGA	PILATES	IOGA			
20.15	21.10	B	BODYPUMP	BODYCOMBAT	SH'BAM	STEP	TBC		
20.30	21.15	SP	SPINNING		SPINNING				
21.15	22.10	B	STEP		BODYPUMP				
21.30	22.15	SP		SPINNING		SPINNING			