

INICI	DURADA	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:35	45'	S-2	VIRTUAL COMBAT	VIRTUAL PUMP	VIRTUAL BALANCE	VIRTUAL COMBAT	VIRTUAL PUMP	VIRTUAL BALANCE	
07:45	50'	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
08:30	50'	S-1	VIRTUAL BALANCE	VIRTUAL COMBAT	VIRTUAL BALANCE	VIRTUAL PUMP	VIRTUAL BALANCE	VIRTUAL PUMP	CYCLING VIRTUAL
09:30	45'	S-2	BODY PUMP 60'	VIRTUAL BALANCE	ZUMBA	BODY BALANCE	VIRTUAL COMBAT		
09:30	50'	S-1	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING EXPRÉS		
10:00	30'	S-2					VO2	VIRTUAL COMBAT	VIRTUAL PUMP
10:00	50'	S-1						CYCLING	CYCLING VIRTUAL
10:00	50'	OUTDOOR						CROSS H.I.I.T	
10:35	30'	S-2	HIPOPRESIUS	ABD/ESTIRAMENTS	SINERGY 360º	FUNCIONAL TRX	ESTIRAMENTS		
11:05	45'	S-2						ZUMBA	
11:05	50'	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:15	45'	S-2	BODY BALANCE	PILATES	AQUAGYM	PILATES	TONO	ESTIRAMENTS	VIRTUAL BALANCE
12:05	30'	S-2	VIRTUAL PUMP	HIPOPRESIVOS	VIRTUAL COMBAT	HIPOPRESIVOS	VIRTUAL COMBAT	BODY PUMP 60'	VIRTUAL COMBAT
12:05	50'	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
12:45	50'	S-2	VIRTUAL COMBAT	VIRTUAL PUMP	VIRTUAL BALANCE	VIRTUAL PUMP	VIRTUAL BALANCE		
13:30	60'	S-2					BODY PUMP 60'		
13:40	50'	S-1	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
13:45	45'	S-2	VIRTUAL PUMP	VO2	VIRTUAL COMBAT	VO2		VIRTUAL BALANCE	
13:45	45'	PISCINA			NATACIÓ				
15:05	50'	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15:15	45'	S-2	BODY BALANCE	BODY PUMP	PILATES	BODY BALANCE	ZUMBA	VIRTUAL COMBAT	VIRTUAL PUMP
16:05	45'	S-2	VIRTUAL COMBAT	VIRTUAL BALANCE	VIRTUAL COMBAT	VIRTUAL BALANCE	VIRTUAL COMBAT	VIRTUAL PUMP	VIRTUAL COMBAT
16:05	50'	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
17:05	45'	S-2	VIRTUAL BALANCE		VIRTUAL BALANCE		VIRTUAL BALANCE	VIRTUAL COMBAT	VIRTUAL BALANCE
17:05	50'	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
18:00	50'	S-1	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
18:05	45'	S-2	BODY PUMP	TONO	BODY PUMP	TONO	PILATES	VIRTUAL PUMP	VIRTUAL PUMP
19:00	50'	S-1	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
19:05	45'	S-2	PILATES	ZUMBA	PILATES	ZUMBA	VIRTUAL PUMP	VIRTUAL BALANCE	VIRTUAL COMBAT
19:05	50'	OUTDOOR	CROSS H.I.I.T		CROSS H.I.I.T		CROSS H.I.I.T		
20:05	45'	S-3		PILATES		PILATES			
20:05	45'	S-2	ZUMBA	BODY PUMP 60'	BODY BALANCE	BODY PUMP 60'	VIRTUAL COMBAT	VIRTUAL PUMP	VIRTUAL BALANCE
20:05	50'	S-1	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
21:00	50'	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			