



INICI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
8.30	S-2	VIRTUAL BALANCE 45'	VIRTUAL COMBAT 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	
9.30	S-2	TONO	VIRTUAL BALANCE 55'	BODY PUMP	VIRTUAL BALANCE 55'	H.I.I.T INDOOR		
	S-1	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
10.00	S-2						VIRTUAL COMBAT 45'	
	S-1						CYCLING	
	OUTDOOR						CROSS H.I.I.T	
11.05	S-2						ZUMBA	
	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
11.15	S-2	PILATES	ESTIRAMENTS	TONO	ESTIRAMENTS	BODY BALANCE	ESTIRAMENTS	
12.05	S-2	VIRTUAL COMBAT 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	BODY PUMP	
	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
13.40	S-1	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
13.45	S-2	VIRTUAL PUMP 45'	VO2	VIRTUAL COMBAT 45'	VO2	BODY PUMP		
15.00	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
15.15	S-2	BODY BALANCE	VIRTUAL PUMP 45'	PILATES	VIRTUAL BALANCE 45'	ZUMBA		
16.00	S-2	VIRTUAL COMBAT 45'	VIRTUAL BALANCE 45'	VIRTUAL COMBAT 45'	VIRTUAL PUMP 45'	VIRTUAL COMBAT 45'		
	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
17.00	S-2	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL COMBAT 45'	VIRTUAL BALANCE 45'		
	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
18.00	S-1	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL		
	OUTDOOR		TONO		TONO	ZUMBA		
18.30	S-2	BODY PUMP		BODY PUMP				
19.00	OUTDOOR	PILATES	ZUMBA	PILATES	ZUMBA	ABD/ESTIRAMENTS		
19.05	OUTDOOR	CROSS H.I.I.T		CROSS H.I.I.T		CROSS H.I.I.T		
19.15	S-1	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
20.05	OUTDOOR			BODY BALANCE				
	OUTDOOR			RUNNING				
20.10	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
20.15	S-2		BODY PUMP		BODY PUMP			
21.10	S-1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			