



INICI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIJUMENGE
07:35	S-2	VIRTUAL COMBAT 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL COMBAT 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	
07:45	S-1	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	
08:30	S-2	VIRTUAL BALANCE 45'	VIRTUAL COMBAT 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	CYCLING VIRTUAL 50'
09:30	S-2	BODY PUMP 60'	VIRTUAL BALANCE 55'	ZUMBA 45'	BODY BALANCE 45'	VIRTUAL COMBAT 30'		
09:30	S-1	CYCLING VIRTUAL 50'	CYCLING 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING EXPRES 30'		
10:00	S-2					VO2 30'	VIRTUAL COMBAT 45'	VIRTUAL PUMP 55'
10:00	S-1						CYCLING 50'	CYCLING VIRTUAL 50'
10:00	OUTDOOR						CROSS H.I.I.T 50'	
10:35	S-2	HIPOPRESIUS 30'	ABD/ESTIRAMENTS 30'	SINERGY 360º 30'	FUNCIONAL TRX 30'	ESTIRAMENTS 30'		
11:05	S-2						ZUMBA 45'	CYCLING VIRTUAL 50'
11:05	S-1	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	
11:15	S-3	BODY BALANCE 45'	PILATES 45'	BODY PUMP 45'	PILATES 45'	TONO 45'	ESTIRAMENTS	VIRTUAL BALANCE 45'
12:05	S-2	HIPOPRESIUS 30'	HIPOPRESIUS 30'	VIRTUAL COMBAT 30'	HIPOPRESIUS 30'	VIRTUAL COMBAT 30'	BODY PUMP 60'	VIRTUAL COMBAT 55'
12:05	S-1	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	
12:45	S-2	VIRTUAL COMBAT 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'		
13:30	S-2					BODY PUMP 60'		
13:40	S-1	CYCLING 50'	CYCLING VIRTUAL 50'	CYCLING 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	
13:45	S-2	VIRTUAL PUMP 45'	VO2 45'	VIRTUAL COMBAT 45'	VO2 45'		VIRTUAL BALANCE 55'	
14:35	S-2	HIPOPRESIUS 30'	VIRTUAL COMBAT 30'	HIPOPRESIUS 30'	HIPOPRESIUS 30'	VIRTUAL COMBAT 30'		
15:05	S-1	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	
15:15	S-2	PILATES 45'	BODY PUMP 45'	PILATES 45'	BODY BALANCE 45'	VO2 45'	VIRTUAL COMBAT 45'	VIRTUAL PUMP 45'
16:05	S-2	VIRTUAL COMBAT 45'	VIRTUAL BALANCE 45'	VIRTUAL COMBAT 45'	VIRTUAL BALANCE 45'	VIRTUAL COMBAT 45'	VIRTUAL PUMP 45'	VIRTUAL COMBAT 45'
16:05	S-1	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'
17:00	S-1	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'
17:05	S-2	VIRTUAL BALANCE 45'		VIRTUAL BALANCE 45'		VIRTUAL BALANCE 45'	VIRTUAL COMBAT 45'	VIRTUAL BALANCE 45'
17:30	S-3	SINERGY 360º 30'	GAC 30'	HIPOPRESIUS 30'	GAC 30'	HIPOPRESIUS 30'		
18:00	S-1	CYCLING 50'	CYCLING 50'	CYCLING 50'	CYCLING 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'
18:05	S-2	BODY PUMP 45'	TONO 45'	BODY PUMP 45'	TONO 45'	PILATES 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'
18:30	S-3	SINERGY 360º 30'	SINERGY 360º 30'	HIPOPRESIUS 30'	SINERGY 360º 30'	SINERGY 360º 30'		
19:00	S-1	CYCLING 50'	CYCLING 50'	CYCLING 50'	CYCLING 50'	CYCLING 50'	CYCLING VIRTUAL	CYCLING VIRTUAL
19:05	S-3		FUNCIONAL TRX 30'		FUNCIONAL TRX 30'			
19:05	S-2	PILATES 45'	ZUMBA 45'	PILATES 45'	ZUMBA 45'	VIRTUAL COMBAT 45'	VIRTUAL PUMP 45'	VIRTUAL COMBAT 55'
19:05	OUTDOOR	CROSS H.I.I.T 50'		CROSS H.I.I.T 50'		CROSS H.I.I.T 50'		
19:50	S-3	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'		
20:05	OUTDOOR			RUNNING. 55'				
20:05	S-1	CYCLING 50'	CYCLING 50'	CYCLING 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'
20:05	S-2	ZUMBA 45'	BODY PUMP 60'	BODY BALANCE 45'	BODY PUMP 60'	VIRTUAL PUMP 45'	VIRTUAL COMBAT 45'	VIRTUAL BALANCE 45'
20:05	S-3	ESTIRAMENTS 45'	PILATES 45'		PILATES 45'			
21:05	S-1	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'	CYCLING VIRTUAL 50'			