

INICI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
09.30	OUTDOOR	BODY PUMP	CYCLING	ZUMBA	FUNCTIONAL TRAINING	VO2	
10.00	OUTDOOR						ZUMBA
10.00	OUTDOOR						CYCLING
10.00	OUTDOOR						CROSS H.I.I.T
10.00	OUTDOOR						FUNCTIONAL TRAINING
10.30	OUTDOOR	CYCLING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	CYCLING	FUNCTIONAL TRAINING	
11.05	OUTDOOR						ZUMBA
11.05	OUTDOOR						CYCLING
11.05	OUTDOOR						CROSS H.I.I.T
11.05	OUTDOOR						FUNCTIONAL TRAINING
11.30	OUTDOOR	FUNCTIONAL TRAINING	PILATES	BODY PUMP	PILATES	TONO	
12.05	OUTDOOR						BODY PUMP
12.30	OUTDOOR	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	
13.40	OUTDOOR	CYCLING	VO2	CYCLING	VO2	BODY PUMP	
15.15	OUTDOOR	FUNCTIONAL TRAINING	BODY PUMP	PILATES	ZUMBA	VO2	
16.05	OUTDOOR	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	
17.05	OUTDOOR	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	
18.00	OUTDOOR	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	
18.05	OUTDOOR	BODY PUMP	TONO	BODY PUMP	TONO	ZUMBA	
18.05	OUTDOOR	CROSS H.I.I.T	ZUMBA	CROSS H.I.I.T	ZUMBA	CROSS H.I.I.T	
18.05	OUTDOOR	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	PILATES INDOOR	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	
18.30	INDOOR	PILATES INDOOR					
19.00	OUTDOOR	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	
19.05	OUTDOOR	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	
19.05	OUTDOOR	CROSS H.I.I.T		CROSS H.I.I.T		CROSS H.I.I.T	
19.05	OUTDOOR	ZUMBA	ZUMBA	BODY BALANCE	ZUMBA	ZUMBA	
20.05	OUTDOOR	CROSS H.I.I.T		CROSS H.I.I.T			
20.05	OUTDOOR	ZUMBA					
20.05	OUTDOOR	CYCLING	CYCLING	CYCLING			
20.05	OUTDOOR	FUNCTIONAL TRAINING	BODY PUMP	FUNCTIONAL TRAINING	BODY PUMP		