

INICI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
09:30	OUTDOOR	BODY PUMP	CYCLING	ZUMBA	BODY BALANCE	V02	
10:00	OUTDOOR						CYCLING
10:00	OUTDOOR						CROSS H.I.I.T
10:30	OUTDOOR	CYCLING	TONO	FUNCTIONAL TRAINING	CYCLING	ZUMBA	
11:00	OUTDOOR						ZUMBA
11:00	OUTDOOR						CROSS TECHNIQUE
11:05	INDOOR						ESTIRAMENTS
11:30	OUTDOOR	BODY BALANCE	PILATES	BODY PUMP	PILATES	ESTIRAMENTS	
12:00	OUTDOOR						BODY PUMP
12:15	OUTDOOR	HIPOPRESSIUS			HIPOPRESSIUS		
13:40	OUTDOOR	PILATES	V02	BODY BALANCE	V02	BODY PUMP	
15:15	OUTDOOR	BODY BALANCE	BODY PUMP	PILATES	BODY PUMP	V02	
17:30	OUTDOOR					HIPOPRESSIUS	
18:00	OUTDOOR	CYCLING	CYCLING	CYCLING	CYCLING		
18:05	OUTDOOR	BODY PUMP	TONO	BODY PUMP	TONO	PILATES	
18:05	INDOOR	BODY BALANCE		PILATES INDOOR			
19:00	OUTDOOR	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	
19:05	OUTDOOR	CROSS H.I.I.T	CROSS H.I.I.T	CROSS H.I.I.T	CROSS H.I.I.T	CROSS H.I.I.T	
19:05	OUTDOOR	PILATES	ZUMBA	BODY BALANCE	ZUMBA	V02	
20:05	OUTDOOR	CROSS H.I.I.T		CROSS H.I.I.T			
20:05	OUTDOOR	CYCLING	CYCLING	CYCLING			
20:05	OUTDOOR	ZUMBA	BODY PUMP	PILATES INDOOR	BODY PUMP		