
















# GYM LAIETÀ

## ACTIVITATS DIRIGIDES

### PRIMERA PLANTA

	DL	DM	DX	DJ	DV	DS
<b>MATÍ</b>						
7.30 H P1		SPINNING FRANCO	 LESMILLS BODYBALANCE	SPINNING FRANCO		
9.15 H P1	G.A.C OSCAR	IOGA FRANCO	IOGA 9hs FRANCO	POSTURAL EUGENIO	ESTIRAMENTS OSCAR	
10.15 H P1	ZUMBA TONO OSCAR			 LESMILLS BODYSTEP	G.A.C OSCAR	
10.30 H		SPINNING FRANCO				ZUMBA FAMILIAR ZAIDA
11.15 H P1	ESTIRAMENTS OSCAR		CONTROL PILATES NEKA	SPINNING FRANCO	ESTIRAMENTS OSCAR	
11.30 H						CROSS TRAINING LAIETA DANIEL
12.30 H						SPINNING JULIAN
<b>MIGDIA</b>						
14.10 H P1	TONO ANGELES		 LESMILLS BODYPUMP		 LESMILLS BODYBALANCE	
<b>TARDA</b>						
18.10 H P1	CONTROL PILATES ANGELES	HIP HOP MARIANA	TONO BOX FRANCO		TONO-BALL ANGELES	
18.30 H P1				 ZUMBA		
19.10 H P1	IOGA MAITE	IOGA FRANCO	SPINNING FRANCO		EN FORMA ANGELES	
19.30 H P1		RUNNING 19HS DAVID		 LESMILLS BODYBALANCE		
20.10 H P1	 LESMILLS CXWORX	SPINNING FRANCO			SPINNING DAVID	
20.30 H				POWER BAND ½ Hs DAVID		
21 H				FUNCIONAL ½ Hs DAVID		
20.45 H P1	SPINNING JULIAN		IOGA 20.15H MAITE			

<b>MATÍ</b>						
7.30 H PB	 LESMILLS BODYPUMP					
9 H	IOGA FRANCO					
9.15 H PB		ZUMBA OSCAR	 LESMILLS BODYPUMP	IOGA FRANCO		
9.30 H PB					 LESMILLS BODYPUMP	
10.15 H PB		T.B.C OSCAR	 LESMILLS BODYBALANCE		CONTROL PILATES NEKA	
<b>TARDA</b>						
17.00 H PB					LINE DANCE BLANCA	
18.10 H PB	STEP/G.A.C EUGENI	 LESMILLS CXWORX 18.30	GYM SUAU ANGELES	HIP HOP MARIANA		
19.10 H PB	 LESMILLS BODYPUMP	TONO TRAINING EUGENIO	CONTROL PILATES ANGELES	 LESMILLS BODYSTEP	COUNTRY AVANÇAT (18:30h)	
20.10 H PB	ESTIRAMENTS ANGELES	CONTROL PILATES JULIO	FIT-BALL ANGELES	 LESMILLS BODYPUMP	IOGA DINAMICO ANGELES	
21.00 H PB		BALLS DE SALÓ MARIA		BALLS DE SALÓ MARIA		

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## TARIFES I SERVEIS

QUOTES	PREUS
Matrícula (inclou revisió mèdica i assegurança d'accidents)	40€
Abonament fitness	38,90€
Abonament fitness + Activitats Dirigides	48,90€
Accés puntual Gym	10€

ENTRENAMENTS PERSONALS	PREUS
1 sessió	37€
Bonus 5 sessions	180€
Bonus 10 sessions	325€

FISIOTERÀPIA I OSTEOPÀTIA	PREUS
1 sessió	40€
Bonus 5 sessions	190€
Bonus 10 sessions	360€

\*Sauna inclosa

HORARIS SALA FITNESS
Dilluns a dissabte de 8.30 a 23 h
Diumenge i festius de 10 a 14 h
TANCAT: 25 de desembre, 1 de gener, 1 de maig i Divendres Sant

