
















GYM LAIETÀ

ACTIVITATS DIRIGIDES

PRIMERA PLANTA

	DL	DM	DX	DJ	DV	DS
MATÍ						
7:30H P1		SPINNING FRANCO	 LESMILLS BODYBALANCE	SPINNING FRANCO		
9:15H P1	G.A.C OSCAR	IOGA FRANCO	IOGA 9hs FRANCO	POSTURAL EUGENIO	ESTIRAMENTS OSCAR	
10:15h P1	ZUMBA TONO OSCAR			 LESMILLS BODYSTEP	G.A.C OSCAR	
10:30H		SPINNING FRANCO				CROSS DANIEL
11:15h P1	ESTIRAMENTS OSCAR		CONTROL PILATES NEKA	SPINNING FRANCO	ESTIRAMENTS OSCAR	
11:30H						ZUMBA FAMILIAR ZAIDA
12:30H						SPINNING JULIAN
MIGDIA						
14:10h P1	TONO ANGELES		 LESMILLS BODYPUMP		 LESMILLS BODYBALANCE	
TARDA						
18:10h P1	CONTROL PILATES ANGELES	HIP HOP_ 17hs MARIANA	TONO BOX FRANCO	 LESMILLS BODYBALANCE	TONO-BALL ANGELES	
18:30h P1		HIP HOP_ 18hs MARIANA				
19:10h P1	IOGA MAITE	IOGA FRANCO	SPINNING FRANCO	 ZUMBA	EN FORMA ANGELES	
19:30h P1						
20:10h P1	 LESMILLS CXWORX	SPINNING FRANCO		IOGA FRANCO		
20:45h P1	SPINNING JULIAN		IOGA 20.15H MAITE			

PLANTA BAIXA

MATÍ						
7,30H PB	 LESMILLS BODYPUMP					
9 HS	IOGA FRANCO					
9:15H PB		ZUMBA OSCAR	 LESMILLS BODYPUMP	IOGA FRANCO		
9.30h PB					 LESMILLS BODYPUMP	
10.15h PB		T.B.C OSCAR	 LESMILLS BODYBALANCE		CONTROL PILATES NEKA	
TARDA						
17:00h PB					LINE DANCE BLANCA	
18:10h PB	STEP/G.A.C EUGENI	 LESMILLS CXWORX 18.30	GYM SUAU ANGELES	HIP HOP MARIANA		
19:10h PB	 LESMILLS BODYPUMP	TONO TRAINING EUGENIO	CONTROL PILATES ANGELES	 LESMILLS BODYSTEP	COUNTRY AVANÇAT (18:30h)	
20:10h PB	ESTIRAMENTS ANGELES	CONTROL PILATES JULIO	FIT-BALL ANGELES	 LESMILLS BODYPUMP	IOGA DINAMICO ANGELES	
21:00h PB		BALLS DE SALÓ MARIA		BALLS DE SALÓ MARIA		