









# GYM LAIETÀ ACTIVITATS DIRIGIDES

## PRIMERA PLANTA

	DL	DM	DX	DJ	DV	DS
<b>MATÍ</b>						
7.30H						
9:15h	G.A.C OSCAR	IOGA 9H SUSANA			ESTIRAMENT OSCAR	
10:15h	TONO OSCAR				TONO OSCAR	
10:30H		SPINNING COTI		SPINNING COTI		CROSS LAIE ANDRES
11:15h	ESTIRAMENT OSCAR		CONTROL PILATES NEKA		ESTIRAMENT OSCAR	
11:30H						ZUMBA ANDRES
12:30H						DINAMYC G.A.C ANDRES
<b>MIGDIA</b>						
14:00h	TONIFICACION ANGELES		FITBALL ANGELES		DINAMIC IOGA ANGELES	
<b>TARDA</b>						
18:00h	PILATES ANGELES					
19:00h	IOGA MAITE	TONO ZUMBA ANDRES	CROSS LAIE CARLOS	FUNCIONAL COTI	ZUMBA ANDRES	
20:00h		SPINNING COTI		SPINNING COTI		
20:15h			IOGA MAITE			

## PLANTA BAIXA

<b>MATÍ</b>						
7,30H						
9 HS	IOGA SUSANA			IOGA SUSANA		
9:15H		ESQUENA SANA DANIELA				
9.30h						
10.15h		NORDIC WALKING DANIELA		TONO OSCAR G.A.C OSCAR	CONTROL PILATES NEKA	
11.15H						
<b>TARDA</b>						
17:00h						
18:00h	STEP/G.A.C EUGENI	HIP HOP SARA	GYM SUAU ANGELES	HIP HOP SARA	ESTIRAMENT ANGELES	
19:00h		IOGA SUSANA	MANTENIMIENTO ANGELES		TONO ANGELES	
20:00h	ESTIRAMENTS ANGELES	TOTAL CONDITION BODY ANDRES	CONTROL PILATES ANGELES		IOGA ANGELES	
21:00h						