

GYM LAIETÀ

ACTIVITATS DIRIGIDES

PRIMERA PLANTA

	DL	DM	DX	DJ	DV	DS
MATÍ						
7:30h						
9:15h	G.A.C OSCAR	IOGA SUSANA		LES MILLS BODYBALANCE	ESTIRAMENTS OSCAR	
10:15h	CIRCUIT TRAINER OSCAR		LES MILLS BODYBALANCE		G.A.C OSCAR	
10:30h		SPINNING COTI		SPINNING COTI		CROSS XTREM ANDRES
11:15h	ESTIRAMENTS OSCAR		CONTROL PILATES NEKA		ESTIRAMENTS OSCAR	
11:30h						ZUMBA®
12:30h						STYLE ANDRES
MIGDIA						
14:00h						
TARDA						
17:00h					DANCE LINE	
18:00h	CONTROL PILATES ANGELES	LES MILLS BODYBALANCE	ABDO XTREM / 18:30h CARLOS	LES MILLS BODYBALANCE	COUNTRY	
19:00h	IOGA MAITE	ZUMBA®	CROSS XTREM CARLOS	SPINNING COTI	ZUMBA®	
20:00h	FIT RACKET OSCAR	SPINNING COTI		FUNCIONAL COTI		
20:45h			IOGA / 20:15h MAITE			

PLANTA BAIXA

	DL	DM	DX	DJ	DV	DS
MATÍ						
7:30h						
9:00h	IOGA SUSANA					
9:15h			LES MILLS BODYPUMP	IOGA SUSANA		
9:30h					LES MILLS BODYPUMP	
10:15h		NORDIC WALKING EUGENIO			CONTROL PILATES NEKA	
11:15h						
TARDA						
17:00h						
18:00h	STEP/G.A.C EUGENIO	HIP HOP AINA	GYM SUAU ANGELES	HIP HOP AINA	ESTIRAMENTS ANGELES	
19:00h	LES MILLS BODYPUMP	IOGA SUSANA	MANTENIMENT ANGELES	LES MILLS BODYPUMP	TONO ANGELES	
20:00h	ESTIRAMENTS ANGELES	FUNCIONAL HIT ANDRES	CONTROL PILATES ANGELES	BALLS DE SALÓ	IOGA DINAMIC ANGELES	
21:00h						

Intensitat Alta

Intensitat Mitja

Intensitat Baixa



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