












PRIMERA PLANTA

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
MATÍ						
7:30h	SPINNING FRANCO		SPINNING FRANCO			
9:15h	G.A.C OSCAR	IOGA / 9:00h SUSANA			ESTIRAMENTS OSCAR	
10:15h	CIRCUIT TRAINER OSCAR				G.A.C OSCAR	
10:30h		SPINNING COTI		SPINNING COTI		CROSS XTREM ANDRES
11:15h	ESTIRAMENTS OSCAR		CONTROL PILATES NEKA		ESTIRAMENTS OSCAR	
11:30h						
12:30h						STYLE ANDRES
MIGDIA						
14:00h						
TARDA						
17:00h					DANCE LINE ISABEL	
18:00h	CONTROL PILATES ANGELES		ABDO XTREM / 18:30h CARLOS		COUNTRY ISABEL	
19:00h	IOGA MAITE		CROSS XTREM CARLOS	FUNCIONAL COTI		
20:00h	FIT RACKET OSCAR	SPINNING COTI		SPINNING COTI		
20:45h			IOGA / 20:15h MAITE			

PLANTA BAIXA

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
MATÍ						
7:30h						
9:00h	IOGA SUSANA			IOGA SUSANA		
9:15h						
9:30h						
10:15h		NORDIC WALKING EUGENIO		G.A.C. OSCAR	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		IOGA SUSANA	MANTENIMENT ANGELES		TONO ANGELES	
20:00h	ESTIRAMENTS ANGELES	FUNCIONAL HIT ANDRES	CONTROL PILATES ANGELES	BALLS DE SALÓ ADOLFO	IOGA DINAMIC ANGELES	
21:00h				BALLS DE SALÓ ADOLFO		

Intensitat Alta	Intensitat Mitja	Intensitat Baixa	Activitats Extres
-----------------	------------------	------------------	-------------------