












PRIMERA PLANTA

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
MATÍ						
7:30h	SPINNING FRANCO			SPINNING FRANCO		
9:15h	G.A.C OSCAR			 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 ISABEL	
18:00h	CONTROL PILATES ANGELES	 LES MILLS BODYBALANCE	ABDO XTREM / 18:30h CARLOS	 LES MILLS BODYBALANCE	COUNTRY ISABEL	
19:00h	IOGA MAITE	 ZUMBA	CROSS XTREM CARLOS	FUNCIONAL COTI	 ZUMBA	
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 FRANCO	IOGA FRANCO		IOGA FRANCO		
9:15h			 LES MILLS BODYPUMP			
9:30h					 LES MILLS BODYPUMP	
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	GYM SUAU ANGELES	HIP HOP	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 ADOLFO	IOGA DINAMIC ANGELES	
21:00h				BALLS DE SALÓ ADOLFO		

Intensitat Alta	Intensitat Mitja	Intensitat Baixa	Activitats Extres
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