












PRIMERA PLANTA

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
MATÍ						
7:30h	SPINNING FRANCO			SPINNING FRANCO		
9:15h	G.A.C OSCAR				STRETCHING OSCAR	
10:15h	CIRCUIT TRAINER OSCAR	HIT 9.50h COTI		SPINNING COTI	G.A.C OSCAR	
10:30h		SPINNING COTI				CROSS XTREM ANDRES
11:15h	STRETCHING OSCAR		CONTROL PILATES NEKA	FUNCIONAL COTI	STRETCHING OSCAR	
11:30h						
12:30h						STYLE ANDRES
MIGDIA						
14:00h						
TARDA						
17:00h					DANCE LINE 17.30h ISABEL	
18:00h	CONTROL PILATES ANGELES		CORE XTREM / 18:30h CARLOS		COUNTRY 18.30h ISABEL	
19:00h	IOGA MAITE		CROSS XTREM CARLOS			
20:00h	FIT RACKET OSCAR	SPINNING FRANCO	IOGA MAITE	SPINNING COTI		
20:45h						

PLANTA BAIXA

	MATÍ					
7:30h						
9:00h	IOGA FRANCO	IOGA FRANCO		IOGA FRANCO		
9:15h						
9:30h						
10:15h		NORDIC WALKING EUGENIO 10.30h		G.A.C. OSCAR	CONTROL PILATES NEKA	
11:15h						
TARDA						
17:00h						
18:00h	STEP/G.A.C EUGENIO	HIP HOP ANDRES	DANCE TONO ANGELES	HIP HOP ANDRES	FTBALL ANGELES	
19:00h		IOGA FRANCO	PILATES ANGELES		DANCE TONO ANGELES	
20:00h	IOGA STRECH ANGELES	FUNCIONAL HIT ANDRES	GYM SUAU ANGELES		IOGA STRECH ANGELES	
21:00h a 22.30h		BAILES DE SALON ADOLFO				

Intensitat Alta	Intensitat Mitja	Intensitat Baixa	Activitats Extres
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