







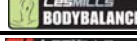
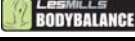




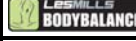




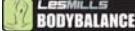



# HORARI D'ACTIVITATS DIRIGIDES

## DEL 24 JULIOL A L'11 SETEMBRE\*

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7'15h	 <b>LES MILLS BODYPUMP</b> S1	<b>SPINNING</b> SPIN	 <b>LES MILLS BODYPUMP</b> S1	<b>SPINNING</b> SPIN	 <b>LES MILLS BODYPUMP</b> S1		
8'15h	ABDOMINALS 30' SF	HITT EXT		TRX SF	ABDOMINALS 30' SF		
9'30h	AIGUAGIM PISC	ZUMBA S1	AIGUAGIM PISC	 <b>LES MILLS BODYBALANCE</b> S1	AIGUAGIM PISC		
					 <b>LES MILLS BODYPUMP</b> S1		
10'30h	<b>SPINNING</b> SPIN	GIM GRAN S1	<b>SPINNING</b> SPIN	SH'BAM S1	ZUMBA S1		TRX SF
11'15h						<b>SPINNING</b> SPIN	<b>SPINNING</b> SPIN
12'00h						ZUMBA S1	
14'00h	<b>SPINNING</b> SPIN	 <b>LES MILLS BODYPUMP</b> 45' S1	<b>SPINNING</b> SPIN	 <b>LES MILLS BODYPUMP</b> 45' S1			
15,15h	 <b>LES MILLS BODYPUMP</b> 45' S1	GAC 45' S1	 <b>LES MILLS BODYBALANCE</b> 45' S1	STEP 45' S1			
16,15h	 <b>LES MILLS BODYBALANCE</b> S1		 <b>LES MILLS BODYPUMP</b> S1		 <b>LES MILLS BODYPUMP</b> S1		
17'15h	COND. TOTAL 45' S1	 <b>LES MILLS BODYPUMP</b> 45' S1	 <b>LES MILLS BODYPUMP</b> 45' S1	 <b>LES MILLS BODYBALANCE</b> 45' S1	ZUMBA 45' S1		
18'00h	 <b>LES MILLS BODYBALANCE</b> S1	STEP S1	<b>SPINNING</b> SPIN	<b>SPINNING</b> SPIN	<b>SPINNING</b> SPIN		
19'00h	SH'BAM S1	AIGUATÒNIC PISC	SH'BAM S1	AIGUATÒNIC PISC	COND. TOTAL S1		
20'00h	<b>SPINNING</b> SPIN	<b>SPINNING</b> SPIN	 <b>LES MILLS BODYBALANCE</b> EXT	ZUMBA S1	 <b>LES MILLS BODYPUMP</b> S1		
21'00h	 <b>LES MILLS BODYPUMP</b> 45' S1	 <b>LES MILLS BODYBALANCE</b> 45' EXT	GAC 45' S1	 <b>LES MILLS BODYPUMP</b> 45' S1			

\*\*El centre es reserva el dret de variar les activitats ofertades així com de no impartir-ne alguna en el supòsit d'impossibilitat material de substitució