

# HORARI D'ACTIVITATS DIRIGIDES



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	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:10h	BODYPUMP™ 55' S1	SPINNING® 45' SPIN	BODYPUMP™ 55' S1	SPINNING® 45' SPIN	CROSS TRAINING 45' BOX
7:30h	ABDOMINALS 30' SF		ABDOMINALS 30' SF		
8:00h		HBX FUSION 45' BOX		HBX BOXING 45' BOX	TRX® HIIT 30' BOX
8:15h	ABDOMINALS 15' SF		ABDOMINALS 15' SF		
8:30h	BODYBALANCE™ 55' S1	CROSS TRAINING 45' BOX	BODYPUMP™ 55' S1	CROSS TRAINING 45' BOX	BODYBALANCE™ 55' S1
9:30h	ZUMBA® 55' PAV	BODYBALANCE™ 55' S1	SH'BAM™ 45' PAV	COND. TOTAL 55' S1	ZUMBA® 55' PAV
	BODYPUMP™ 55' S1		CROSS TRAINING 45' BOX		BODYPUMP™ 55' S1
	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC
10:30h	COND. TOTAL 55' S1		GAC 55' S1		HBX FUSION 45' BOX
	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC
	HBX BOXING 45' BOX	SPINNING® 45' SPIN	CROSS TRAINING 45' BOX	SPINNING® 45' SPIN	HBX BOXING 45' BOX
13:30h	SPINNING® 45' SPIN	HBX FUSION 45' BOX	SPINNING® 45' SPIN	HBX BOXING 45' BOX	HBX FUSION 45' BOX
14:00h		SPINNING® 45' SPIN		SPINNING® 45' SPIN	
14:15h	TRX® HIIT 30' BOX		TRX® HIIT 30' BOX		TRX® HIIT 30' BOX
14:45h	BODYPUMP™ 45' S1	BODYBALANCE™ 45' S1	BODYPUMP™ 45' S1	SH'BAM™ 45' S1	BODYBALANCE™ 45' S1
15:30h	HBX FUSION 45' BOX	SH'BAM™ 45' S1	CROSS TRAINING 45' BOX	BODYPUMP™ 45' S1	SPINNING® 45' SPIN
17:00h	COND. TOTAL 55' S1	BODYBALANCE™ 55' S1	GAC 55' S1	BODYBALANCE™ 55' S1	
	CROSS TRAINING 45' BOX	HBX BOXING 45' BOX	CROSS TRAINING 45' BOX	HBX BOXING 45' BOX	CROSS TRAINING 45' BOX
18:00h	SH'BAM™ 45' S1	BODYPUMP™ 55' S1	SH'BAM™ 45' S1	BODYPUMP™ 55' S1	SH'BAM™ 45' S1
	GAC 55' BOX	ZUMBA® 55' BOX	HBX FUSION 45' BOX	ZUMBA® 55' BOX	HBX FUSION 45' BOX
	SPINNING® 45' SPIN	SPINNING® 45' SPIN	SPINNING® 45' SPIN	SPINNING® 45' SPIN	SPINNING® 45' SPIN
19:00h	BODYPUMP™ 55' S1	GAC 55' S1	BODYPUMP™ 55' S1	COND. TOTAL 55' S1	BODYPUMP™ 55' S1
	BODYBALANCE™ 55' BOX	HBX BOXING 45' BOX	BODYBALANCE™ 55' BOX	HBX FUSION 45' BOX	
	SPINNING® 45' SPIN		SPINNING® 45' SPIN		
	AIGUAFIT 45' PISC	AIGUAFIT 45' PISC	AIGUAFIT 45' PISC	AIGUAFIT 45' PISC	AIGUAFIT 45' PISC
20:00h	ZUMBA® 55' S1	BODYBALANCE™ 55' S1	ZUMBA® 55' S1	BODYBALANCE™ 55' S1	ZUMBA® 55' S1
	SPINNING® 45' SPIN	SPINNING® 45' SPIN	SPINNING® 45' SPIN	SPINNING® 45' SPIN	
	HBX FUSION 45' BOX	CROSS TRAINING 45' BOX	HBX BOXING 45' BOX	CROSS TRAINING 45' BOX	HBX BOXING 45' BOX
	RUNNING CLUB 55' HALL		RUNNING CLUB 55' HALL		
21:00h	BODYPUMP™ 45' S1	HBX FUSION 45' BOX	BODYPUMP™ 45' S1	HBX BOXING 45' BOX	
	DISSABTE	DIUMENGE**	ACTIVITATS:		
9:00h	BODYBALANCE™ 55' S1		MILLORA CARDIOVASCULAR	A L'AIRE LLIURE	
10:00h	BODYPUMP™ 55' S1	CROSS TRAINING 45' BOX	TONIFICACIÓ MUSCULAR	COMBINADES CARDIOVASCULARS I MUSCULARS	
11:00h	AIGUAFIT 45' PISC	HBX BOXING 45' BOX	AQUÀTIQUES	COS-MENT	
12:00h	SPINNING® 45' SPIN	SPINNING® 45' SPIN			