


novembre

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
6:35	CLASSE FUNCIONAL	SPINNING	CLASSE FUNCIONAL	SPINNING		
7:45		IOGA		IOGA		
8:30	PILATES		PILATES		ESTIRAMENTS	
9:30	SPINNING		SPINNING		SPINNING	
9:30	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
9:30	PILATES	LES MILLS BODYPUMP	PILATES	GAC	GYM THERAPY	
10:30	AQUATERAPIA		AQUATERAPIA		AQUATERAPIA	
10:30	ZUMBA & FIT	ESTIRAMENTS	GAC			SPINNING
15:15	PILATES	SPINNING	PILATES	LES MILLS BODYPUMP	IOGA/LATES	
16:30	IOGA		IOGA			
17:30	SPINNING & ABD		PILATES	CLASSE FUNCIONAL	GAC	
18:30	LES MILLS BODYPUMP	PILATES	GAC	PILATES	ZUMBA & FIT	
18:30	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	
18:30	AQUATERAPIA		AQUATERAPIA			
19:30		AQUAGYM		AQUAGYM	ESTIRAMENTS	
19:30	PILATES	ZUMBA & FIT		LES MILLS BODYPUMP		
20:30	ZUMBA & FUNCIONAL		LES MILLS BODYPUMP			