

HORARI ACTIVITATS DIRIGIDES

A PARTIR 23 DE JUNY 2025



INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
6:35	CLASSE FUNCIONAL	SPINNING	CLASSE FUNCIONAL	SPINNING		
7:45		IOGA		IOGA		
8:30	PILATES		PILATES		ESTIRAMENTS	
9:15	AQUAGYM		AQUAGYM		AQUAGYM	
9:30	SPINNING	AQUAGYM	SPINNING	AQUAGYM	SPINNING	
10:15	AQUATERAPIA		AQUATERAPIA		AQUATERAPIA	
9:30	PILATES	LES MILLS BODYPUMP	PILATES	GAC	ZUMBAFIT	
10:30	ZUMBAFIT	ESTIRAMENTS	ZUMBAFIT			SPINNING
15:15	PILATES	SPINNING	PILATES	LES MILLS BODYPUMP	PILATES	
16:30	IOGA		IOGA			
17:30	SPINNING & ABDOMINALS		SPINNING & ABDOMINALS	CLASSE FUNCIONAL	GAC	
18:30	LES MILLS BODYPUMP	PILATES	GAC	PILATES	ZUMBAFIT	
18:30	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	
19:30		AQUAGYM		AQUAGYM	ESTIRAMENTS	
19:30	PILATES	ZUMBAFIT		LES MILLS BODYPUMP		
20:30	ZUMBAFIT					