



# GYM CLASS



| INICI | DILLUNS                   | DIMARTS                   | DIMECRES                                                                                  | DIJOUS                                                                                     | DIVENDRES        | DISSABTE        |
|-------|---------------------------|---------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------|-----------------|
| 6:35  | CLASSE FUNCIONAL          | SPINNING                  | CLASSE FUNCIONAL                                                                          | SPINNING                                                                                   | CLASSE FUNCIONAL |                 |
| 7:45  |                           | IOGA                      |                                                                                           | IOGA                                                                                       |                  |                 |
| 8:30  | PILATES                   |                           | PILATES                                                                                   |                                                                                            | ESTIRAMENTS      |                 |
| 8:30  | AQUAGYM                   | AQUAGYM                   | AQUAGYM                                                                                   | AQUAGYM                                                                                    |                  |                 |
| 9:30  | AQUAGYM                   | AQUAGYM                   | AQUAGYM                                                                                   | AQUAGYM                                                                                    | AQUAGYM          | NATACIÓ ADULT@S |
| 9:30  | SPINNING                  | SPINNING                  | SPINNING                                                                                  | SPINNING                                                                                   | SPINNING         | DANCE FIT       |
| 9:30  | PILATES                   | <b>LES MILLS BODYPUMP</b> | PILATES                                                                                   | BODY TONO                                                                                  | ZUMBAFIT         |                 |
| 10:30 | AQUATERAPIA               | NATACIÓ ADULT@S           | AQUATERAPIA                                                                               | NATACIÓ ADULT@S                                                                            | AQUATERAPIA      |                 |
| 10:30 | ZUMBAFIT                  | ESTIRAMENTS               | GAC                                                                                       |  ZUMBA |                  | SPINNING        |
| 15:15 | PILATES                   | SPINNING                  | PILATES                                                                                   | BODY TONO                                                                                  | ZUMBAFIT         |                 |
| 16:30 | IOGA                      | CLASSE FUNCIONAL          | IOGA                                                                                      |                                                                                            |                  |                 |
| 17:30 | SPINNING & ABD            | DANCE                     | SPINNING & ABD                                                                            | CLASSE FUNCIONAL                                                                           | GAC              |                 |
| 18:30 | <b>LES MILLS BODYPUMP</b> | PILATES                   | GAC                                                                                       | PILATES                                                                                    | ZUMBAFIT         |                 |
| 18:30 | SPINNING                  | SPINNING                  | SPINNING                                                                                  | SPINNING                                                                                   | SPINNING         |                 |
| 19:30 | AQUATERAPIA               | AQUAGYM                   | AQUATERAPIA                                                                               | AQUAGYM                                                                                    | ESTIRAMENTS      |                 |
| 19:30 |                           | SPINNING                  |                                                                                           |                                                                                            | SPINNING         |                 |
| 19:30 | PILATES                   | ZUMBAFIT                  |  ZUMBA | <b>LES MILLS BODYPUMP</b>                                                                  |                  |                 |
| 20:30 | ZUMBAFIT                  |                           |                                                                                           |  ZUMBA |                  |                 |