

INICI	DILLUNS 30	DIMARTS 31	DIMECRES 1	DIJOUS 2	DIVENDRES 3	DISSABTE 4	DIUMENGE 5	DILLUNS 6
6:30	VIRTUAL CICLO							
6:45	LES MILLS BODYBALANCE	CICLISME INDOOR	TRAINING	CICLISME INDOOR				
8:00	IOGA	AQUAPOWER EXP	IOGA	AQUAPOWER EXP				
8:15		VIRTUAL CICLO						
8:30		MAT PILATES	TRAINING	MAT PILATES				
9:00	AIGUAGIM EXP		AIGUAGIM EXP	HBX BOXING				
	LES MILLS BODYPUMP 45'	TRAINING	STEP GAC	LES MILLS BODYBALANCE				
9:30	IOGA		HIOPRESSIUS*					
	VIRTUAL CICLO		CICLISME INDOOR					
9:35				ESTILS DANCE				
9:45		GIM SUAU						
10:30		EMBARÀS ACTIU*		EMBARÀS ACTIU*				
	HBX BOXING	LATINO SÈNIOR	IOGA	GIM SUAU				
10:45	MAT PILATES		LES MILLS BODYPUMP 60'					
11:00	SMALL GROUP ESPAI DONA							
11:15					CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	VIRTUAL CICLO
12:00	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM				
		VIRTUAL CICLO		VIRTUAL CICLO				
12:15						AIGUAGIM		
13:30	AQUAPOWER EXP	SMALL GROUP ESPAI DONA	AQUAPOWER EXP					
	LES MILLS BODYPUMP 45'	CICLISME INDOOR	LES MILLS BODYPUMP 60'	CICLISME INDOOR				
15:00		LES MILLS CORE						
15:15	CICLISME INDOOR	STEP GAC	CICLISME INDOOR	AQUAPOWER				
	HIOPRESSIUS*							
15:35	MAT PILATES		LES MILLS BODYCOMBAT	LES MILLS BODYPUMP 45'				
		HBX BOXING						
16:00	AIGUAGIM	LES MILLS BODYBALANCE	AIGUAGIM	IOGA				
16:05	LATINO SÈNIOR							
16:15	SMALL GROUP ESPAI DONA		LES MILLS BODYPUMP 45'					
16:30				SMALL GROUP ESPAI DONA				
17:00	CICLISME INDOOR		CICLISME INDOOR					
	IOGA		MAMAFIT*					
17:15	LES MILLS BODYPUMP 45'	LES MILLS BODYPUMP 45'	STEP GAC	LES MILLS BODYBALANCE		VIRTUAL CICLO		
		MAT PILATES						
18:15	LES MILLS BODYBALANCE	IOGA	HBX BOXING					
	LES MILLS BODYPUMP 45'	TRAINING	ESTILS DANCE	TRAINING				
18:30		SMALL GROUP KIDS TRAINING		SMALL GROUP KIDS TRAINING				
		RUNNING	HIOPRESSIUS EXP*					
19:15	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR				
	ESTILS DANCE	AERODANCE	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP 45'				
19:30		MAT PILATES						
		SMALL GROUP TEENS TRAINING		SMALL GROUP TEENS TRAINING				
19:45	AQUAPOWER	AQUAPOWER						
20:00	IOGA							
20:15	LES MILLS CORE	VIRTUAL CICLO		VIRTUAL CICLO				
20:30			LES MILLS BODYPUMP 60'					
20:50	HBX BOXING							
21:00	VIRTUAL CICLO		VIRTUAL CICLO					