

ATRIUM (Del 12 de GENER al 29 de MARÇ)

HORA	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:30-8:20h	SALA 1	VIRTUAL BIKE	CICLISME INDOOR	VIRTUAL BIKE	VIRTUAL BIKE	CICLISME INDOOR		
	SALA 2			IBT	BODY PUMP			
8:30-9:20h	SALA 1	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	9:00h VIRTUAL BIKE
	SALA 2	PILATES		IOGA		BODY BALANCE		
	PISCINA		AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM		
9:30-10:20h	SALA 2	GAC	AEROBIC	MULTISALUT	ZUMBA	BODY PUMP		
	SALA 1	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	10:00h VIRTUAL BIKE
10:30-11:20h	SALA 2	PILATES	IBT		IOGA	Les Mills CORE	BODY PUMP	
	SALA 1	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	11:00h VIRTUAL BIKE
11:00-11:50h	PISCINA	AQUAGYM	AQUAGYM					
11:30-12:20h	SALA 2						PILATES	
	SALA 1	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	12:00h VIRTUAL BIKE
11:45-12:35h	PISCINA			AQUAGYM				
12:30-13:20h	PISCINA	AQUAGYM	AQUAGYM		AQUAGYM	AQUAGYM		
	SALA 1	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
12:45-13:35h	PISCINA			AQUAGYM				
13:30-14:20h	SALA 1	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
14:00-14:50h	SALA 2	BODY PUMP	PILATES	IOGA	BODY PUMP			
14:30-15:20h	SALA 1	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
15:30-16:20h	SALA 2	IBT	BODY PUMP	BODY COMBAT	Les Mills CORE	PILATES		
	SALA 1	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
16:30-17:20h	SALA 2		GAC		PILATES			
	SALA 1	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
17:30-18:20h	SALA 2	BODY COMBAT	BODY BALANCE	BODY PUMP	IOGA	GAC		
	SALA 1	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	VIRTUAL BIKE	VIRTUAL BIKE	
18:30-19:20h	SALA 2	ZUMBA	BODY PUMP	PILATES	BODY COMBAT	Les Mills CORE		
	SALA 1	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	VIRTUAL BIKE	
19:00h-19:50h	PISCINA	AQUAGYM						
19:30h-20:20h	PISCINA					AQUAGYM		
	EXTERIOR	HARD CIRCUIT	HARD CIRCUIT	HARD CIRCUIT	HARD CIRCUIT			
	SALA 2	BODY PUMP	IOGA	Les Mills CORE	ZUMBA	BODY PUMP		
	SALA 1	CICLISME INDOOR	VIRTUAL BIKE	CICLISME INDOOR	VIRTUAL BIKE	VIRTUAL BIKE		
20:00h-20:50h	PISCINA		AQUAGYM		AQUAGYM			
20:30-21:20h	SALA 2	BODY PUMP	BODY COMBAT	PILATES + HIOPRESSIUS	BODY PUMP			
	SALA 1	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE		