

	INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
P O O L	7:15	AQUAGAC		AQUAEXTREM		
	8:00		AQUASUAU		AQUASUAU	
	8:30	AQUATONIC		AQUATONIC		AQUASTRECHING
	9:15	AQUAPROF	AQUAEXTREM	AQUAEXTREM	AQUAGAC	
	14:30	AQUAEXTREM		AQUAGAC		
	16:30		AQUASUAU		AQUATONIC	
	19:15	AQUATONIC		AQUAEXTREM		
	20:00		AQUAPROF		AQUAGAC	AQUASTRECHING
C O S I M E N T	7:45		EN FORMA			
	8:00			KUNDALINI IOGA		KUNDALINI IOGA
	9:15		MATT PILATES (1)		MATT PILATES (1)	
	10:10	GYM DOLÇA		FITBALL		STRECHING
	10:15		MATT PILATES (1)		MATT PILATES (1)	
	11:15	IOGA		IOGA		
	13:30	Pilates Study (1)		Pilates Study (1)		
	14:30		MATT PILATES (1)		MATT PILATES (1)	
	14:30	Pilates Study (1)		Pilates Study (1)		
	17:00		KUNDALINI IOGA		KUNDALINI IOGA	
	17:30	IOGA		IOGA		
	17:50		GYM DOLÇA		FITBALL	
	18:00	MATT PILATES (1)	MATT PILATES (1)	MATT PILATES (1)	MATT PILATES (1)	
	18:40		FITBALL			
	19:00	MATT PILATES (1)	MATT PILATES (1)	MATT PILATES (1)	MATT PILATES (1)	
	20:00	MATT PILATES (1)	MATT PILATES (1)	MATT PILATES (1)	MATT PILATES (1)	
21:10		CHIKUNG(2)		CHIKUNG(2)		
T O N I F I C	9:15			TOGU Jumping	Power Disk	
	10:10		GAC			
	14:15				TOGU Jumping	
	18:20	GAC		Power Disk		
	18:40				Power Disk	
	18:45					GAC
	19:30		Power Disk		GAC	
	20:20	TOGU - MIX				
C A R D I O	7:45				CIRCUIT Training	
	9:15	CIRCUIT Training	STEPS			dance
	10:10				STEPS	
	14:15		STEPS			
	14:15	Indoor Cycling		Indoor Cycling		
	18:00					Indoor Cycling
	18:40				KINK BOXING	
	19:20	CIRCUIT Training		STEPS COREO		
	19:30		Indoor Cycling			RITMES LLATINS(1)
	20:00			STEPS BÀSIC		
	20:20		Indoor Cycling		Indoor Cycling	
	21:10	Indoor Cycling		Indoor Cycling		