

HORARIS ACTIVITATS DIRIGIDES

DEL 27/06/22 AL 31/07/22

INICI	DURADA	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:00	60'	1	spinFIT VIRTUAL	BODY PUMP	spinFIT	PILATES PLUS	spinFIT	
9:30	45'	P		AIGUA FIT		AIGUA FIT		
9:30	60'	1	IOGA		IOGA	BODY PUMP	ZUMBA VIRTUAL	
9:30	45'	2		spinFIT VIRTUAL				
10:00	45'	2						spinFIT
10:30	60'	1				BODY BALANCE	ESQUENES	
11:00	60'	1	PILATES					BODY PUMP
12:00	60'	1						BODY BALANCE
13:30	45'	2	spinFIT				spinFIT VIRTUAL	
13:30	60'	1			BODY PUMP			
13:45	45'	2		spinFIT				
14:00	45/60'	P/1				ZUMBA VIRTUAL		
14:15	45'	p	ENTR. AQUÀTIC		AIGUA FIT			
14:30	60'	1	PUMP VIRTUAL					
17:30	60'	1	ESQUENES	BODY PUMP	PILATES PLUS	HATHA IOGA		
18:00	60'	P						
18:30	60'	1	BODY PUMP	ZUMBA	STRONG	BODY BALANCE		
18:30	45'	2	spinFIT	spinFIT	spinFIT	spinFIT VIRTUAL	spinFIT	
19:30	60'	1	BODY BALANCE	CORE	ZUMBA	BODY PUMP	BODY PUMP	
19:30	45'	2	spinFIT	spinFIT	spinFIT			
19:30	60'	P	AIGUA FIT	ENTR. AQUÀTIC		ENTR. AQUÀTIC		
20:30	60'	1		BODY PUMP	PILATES PLUS			
20:30	45'	1	H.I.I.T CROSS					