

A partir del 17 de Febrer

	dilluns	dimarts	dimecres	dijous	divendres	dissabte	diumenge
7.00	CYCLING CYCLING / OLGA	B.PUMP LES MILLS / OLGA	CYCLING CYCLING / OLGA	PILATES 2 POLI / ISABEL	STRIDING FITNESS / ISABEL		
					HBX POLI / OLGA		
8.00	STRIDING FITNESS / ISABEL	PILATES 2 LES MILLS / ISABEL	POSTURAL SUB / ISABEL	CYCLING CYCLING / MARC R.	E.FUNCIONAL LES MILLS / OLGA		
	HBX POLI / OLGA						
	AQUATONO P.PETITA / MARC R.		AQUAGYM P.PETITA / M.ALBA		AQUAGYM P.PETITA / M.ALBA		
8.45	AAPP P.GRAN / MARC R.	AAPP P.GRAN / M.ALBA	AAPP P.GRAN / M.ALBA	AAPP P.GRAN / M.ALBA	AAPP P.GRAN / M.ALBA		
9.15	CYCLING CYCLING / OLGA	F.TRAINING LES MILLS / ISABEL	B.PUMP LES MILLS / OLGA	B.COMBAT LES MILLS / RAUL	CYCLING CYCLING / OLGA	CYCLING CYCLING	
		B.BALANCE POLI / CARMÉ		F.TRAINING POLI / ISABEL	PILATES 1 LES MILLS / CARMÉ		
9.30	AQUAPILATES P.PETITA / CARMÉ						
10.15	B.PUMP LES MILLS / OLGA	CYCLING CYCLING / OLGA	COMBO LES MILLS / ISABEL	B.PUMP LES MILLS / RAUL	ZUMBA LES MILLS / ESTHER	B.PUMP LES MILLS	STRIDING FITNESS
		POSTURAL LES MILLS / CARMÉ	STRIDING FITNESS / OLGA	PILATES 1 POLI / ISABEL	B.BALANCE POLI / CARMÉ		
10.30		IOGA SUB / ROSA		IOGA SUB / ROSA			
11.00		AQUAFORMA P.PETITA / M.ALBA	ABDOMINALS FITNESS / OLGA	AQUAFORMA P.PETITA / M.ALBA			
11.15	EN FORMA/DANCE LES MILLS / OLGA	EN FORMA/TONO LES MILLS / CARMÉ	PILATES FITBALL LES MILLS / ISABEL	EN FORMA/DANCE LES MILLS / OLGA			POSTURAL LES MILLS
	PILATES 1 POLI / ISABEL	STRIDING FITNESS / ISABEL					
12.15	ABDOMINALS FITNESS / OLGA				ABDOMINALS FITNESS / ISABEL		
13.15	E.FUNCIONAL LES MILLS / OLGA	CYCLING CYCLING / OLGA	PILATES 1 LES MILLS / ISABEL	CYCLING CYCLING / OLGA	PILATES ROLLER LES MILLS / ISABEL		
15.15	ZUMBA LES MILLS / ESTHER	GAC LES MILLS / RICARD	B.COMBAT LES MILLS / CARMÉ	CYCLING CYCLING / RICARD	B.PUMP LES MILLS / RAUL		
15.30	AQUATONO P.PETITA / MARC A.	AQUAGYM P.PETITA / MARC A.	AQUASALUT P.PETITA / MARC A.	AQUAGYM P.PETITA / MARC A.	AQUATONO P.PETITA / MARC A.		
16.15	B.PUMP LES MILLS / ESTHER		PILATES 2 LES MILLS / CARMÉ	B.PUMP LES MILLS / RICARD	CYCLING CYCLING / RAUL		
	PILATES FITBALL POLI / CARMÉ	B.PUMP LES MILLS / RICARD	E.FUNCIONAL POLI / RAUL	HIPOPRESSIUS LES MILLS / MAX	PILATES 3 LES MILLS / CARMÉ	STRIDING FITNESS / TONI	
17.15	ZUMBA LES MILLS / ESTHER						
18.10		IOGA SUB / ROSA	JUMPING POLI / ESTHER	IOGA SUB / ROSA			
	ABDOMINALS FITNESS / TONI		STRIDING FITNESS / TONI		STRIDING FITNESS / TONI		
18.15	JUMPING POLI / MAX	PILATES FITBALL LES MILLS / MAX	PILATES ROLLER LES MILLS / CARMÉ	PILATES POLI / MAX	HBX POLI / CARMÉ		
	E.FUNCIONAL LES MILLS / RICARD	HBX POLI / RAUL		B.PUMP LES MILLS / RAUL			
		CYCLING CYCLING / RICARD					
19.10			IOGA SUB / ROSA				
19.15	B.COMBAT LES MILLS / CARMÉ	B.PUMP LES MILLS / MAX	B.COMBAT LES MILLS / RAUL	B.COMBAT LES MILLS / MAX	CYCLING CYCLING / RICARD		
	TONO STEP POLI / MAX	CYCLING CYCLING / MARC R.	CYCLING CYCLING / MAX	B.BALANCE POLI / CARMÉ			
	KICK BOXING SUB / RAUL	BOXA SUB / RAUL	ESTIRAMENTS FITNESS / TONI	ESTIRAMENTS FITNESS / TONI			
		ABDOMINALS FITNESS / TONI		BOXA SUB / RAUL			
19.30		AQUACROSS P.PETITA / MARC A.		AQUACROSS P.PETITA / MARC R.			
		CROSSTRAINING CROSS / RICARD					
20.00	IOGA SUB / ROSA			CROSSTRAINING CROSS / RICARD			
	CYCLING CYCLING / MAX	B.COMBAT LES MILLS / RAUL	JUMPING POLI / ESTHER	CYCLING CYCLING / MAX	B.PUMP LES MILLS / RICARD		
20.15	B.PUMP LES MILLS / CARMÉ	B.BALANCE POLI / CARMÉ	B.PUMP LES MILLS / CARMÉ	PILATES 2 POLI / CARMÉ			
		ABDOMINALS FITNESS / TONI	IOGA CROSS / ROSA	ABDOMINALS FITNESS / TONI			
			KICK BOXING SUB / RAUL				
21.00	IOGA SUB / ROSA	CYCLING CYCLING / MAX	HBX POLI / MAX				
21.10	ZUMBA LES MILLS / ESTHER						

Durada activitats 45'
 Abdominals i estiraments 15'
 Activitats temàtiques ▲

cardio	aquàtiques
força	a.marcials
cos i ment	estiraments