

HORARI AADD Del 7 de gener al 14 d'abril

INICI	FINAL	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.15	08.00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
08.00	08.50	TARONJA	EN FORMA	MANT. ESPORTS	TOTALTONO	MANT. ESPORTS	COS MENT		
08.15	09.00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09.00	09.50	TARONJA	TOTALTONO	LASHMILL'S BODYPUMP	EN FORMA	LASHMILL'S BODYCOMBAT 30'	EN FORMA + STRECHING		
09.00	09.45	CYCLING		CYCLING		CYCLING VIRTUAL			
09.15	10.00	CYCLING	CYCLING		CYCLING		CYCLING	CYCLING VIRTUAL	
09.30	10.00	TARONJA				GAC 30'			
10.00	10.50	TARONJA	EN FORMA	ZUMBA	TOTALFIT		COS MENT		
10.05	10.35	FITNESS	FUNCIONAL		FUNCIONAL		FUNCIONAL		
10.15	11.00	PISCINA		AQUATONO		AQUAFIT			
10.30	11.15	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING
10.40	11.05	FITNESS	CORE 25'				STRETCHING 25'		
11.00	11.50	TARONJA	IOGALATES	PILATES	COS MENT		MIX DANCE		
11.20	12.10							TOTALTONO	TOTALFIT
11.30	12.15	CYCLING						CYCLING	CYCLING
12.00	12.10	FITNESS	TABATA		TABATA		TABATA		
12.20	13.10							MIX DANCE	TOTALTONO
12.30	12.40	FITNESS		FULL BODY		FULL BODY			
12.30	13.15	CYCLING						CYCLING VIRTUAL	CYCLING
12.45	13.30	CYCLING	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
13.00	13.10	FITNESS	TREN SUPERIOR		TREN INFERIOR				
13.00	13.45	CYCLING		CYCLING		CYCLING			
13.15	13.45	TARONJA						STRETCHING 30'	STRETCHING 30'
13.45	14.30	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING		
14.00	14.50	TARONJA	COS MENT	GAC	PILATES	LASHMILL'S BODYPUMP			
14.15	15.00	PISCINA		AQUATONO		AQUAFIT			
15.00	15.45	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
16.00	16.45	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
16.30	16.40	FITNESS	TREN SUPERIOR	TABATA	TREN INFERIOR	FULL BODY	TABATA		
17.15	18.00	CYCLING						CYCLING VIRTUAL	
17.30	17.40	FITNESS	TREN SUPERIOR	TABATA	TREN INFERIOR	FULL BODY	TABATA		
17.30	18.20	TARONJA					LASHMILL'S BODYPUMP		
17.45	18.30	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
18.05	18.30	FITNESS	FUNCIONAL		FUNCIONAL				
18.15	19.00	CYCLING						CYCLING VIRTUAL	
18.15	19.05	TARONJA	TOTALFIT	GAC	TOTALTONO	LASHMILL'S BODYPUMP			
18.30	19.15	TARONJA					ZUMBA		
18.30	19.15	CYCLING	CYCLING		CYCLING		CYCLING		
18.45	19.30	CYCLING		CYCLING		CYCLING			
18.55	19.45	TATAMI		IOGA		IOGA			
19.05	19.30	FITNESS		FUNCIONAL					
19.10	20.00	NÀPOLS	TOTALTONO		PILATES	CAMES '25			
19.15	20.00	CYCLING						CYCLING VIRTUAL	
19.15	20.05	TARONJA	MIX DANCE	LASHMILL'S BODYPUMP	LASHMILL'S BODYCOMBAT	MIX DANCE	MANT. ESPORTS		
19.35	20.00	NÀPOLS				CORE 25'			
19.45	20.15	PISCINA		AQUATONO 30'		AQUAFIT 30'			
19.30	20.15	CYCLING	CYCLING		CYCLING		CYCLING VIRTUAL		
19.45	20.30	CYCLING		CYCLING		CYCLING			
20.05	20.30	FITNESS				FUNCIONAL			
19.10	20.00	EXTERIOR		RUNNING					
20.10	21.00	NÀPOLS	LASHMILL'S BODYCOMBAT	TOTALFIT	COS MENT	PILATES			
20.15	21.05	TARONJA	COS MENT	ZUMBA	LASHMILL'S BODYPUMP	TOTALTONO			
20.45	21.30	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
21.30	21.40	FITNESS	TREN SUPERIOR	TABATA	TREN INFERIOR	FULL BODY	TABATA		