

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	CARDIOTONO	L'ESPALLELLA BODYPUMP	HIIT+ GAC	GAC	ABDOMINALS 25'		
8:25	8:50	TARONJA					ESTIRAMENTS 25'		
08.15	09.00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
09.00	09.45	CYCLING		CYCLING		CYCLING VIRTUAL			
09.00	09.50	TARONJA	TONIFICACIÓ	CARDIO BOX	ABDOMINALS 25'	L'ESPALLELLA BODYPUMP	CARDIOTONO		
9:25	9:50	TARONJA			ESTIRAMENTS 25'				
09.15	10.00	CYCLING	CYCLING		CYCLING		CYCLING		
9:30	10.15	CYCLING						CYCLING	CYCLING VIRTUAL
10.00	10.50	TARONJA	GYM SUAU		GYM SUAU		TONIFICACIÓ		
10.00	10.30	FITNESS			FUNCIONAL		FUNCIONAL		
10.15	11.00	PISCINA		AQUAGYM		AQUAGYM			
10.30	11:15	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
10.30	10.45	FITNESS			ABDOMINALS 15'		CAMES 15'		
11:00	11:50	TARONJA	COS MENT	PILATES	COS MENT		COS MENT		
11.30	12.20	NÀPOLS/TARONJA						TONIFICACIÓ	
11.30	12.00	FITNESS							FUNCIONAL
12.30	13.20	NÀPOLS/TARONJA						MIX DANCE	
12:30	13:00	FITNESS							GAC
12.30	13.15	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
12.45	13:30	CYCLING	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
13:00	13:45	CYCLING		CYCLING		CYCLING			
13.30	14.00	NÀPOLS						ESTIRAMENTS 30'	
13.30	14.00	FITNESS							ESTIRAMENTS 30'
14:00	14.45	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING		
14.00	14.50	TARONJA	COS MENT	ZUMBA	PILATES	GAC			
14.15	15.00	PISCINA		AQUAGYM		AQUAGYM			
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		
17:15	18:00	CYCLING						CYCLING VIRTUAL	
18:00	18:30	TARONJA					GAC 30'		
17:30	18:15	CYCLING	CYCLING VIRTUAL	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	CARDIOTONO	GAC	CARDIO BOX	L'ESPALLELLA BODYPUMP			
18.20	18.45	FITNESS		FUNCIONAL					
18.30	19.15	TARONJA					ZUMBA		
18.30	19.15	CYCLING	CYCLING		CYCLING		CYCLING		
18.45	19.30	CYCLING		CYCLING		CYCLING			
19:10	20:00	TATAMI		IOGA		IOGA			
19.10	20:00	NÀPOLS	TONIFICACIÓ		ZUMBA				
19:15	19:30	FITNESS				ABDOMINALS 25'			
19:15	20:00	CYCLING						CYCLING VIRTUAL	
19.15	20:05	TARONJA	MIX DANCE	ZUMBA	L'ESPALLELLA BODYPUMP	MIX DANCE			
19.15	19.40	TARONJA					ABDOMINALS 25'		
19:40	20:05	TARONJA					ESTIRAMENTS 25'		
19.45	20.30	PISCINA		AQUAGYM		AQUAGYM			
19:30	20:15	CYCLING	CYCLING		CYCLING		CYCLING VIRTUAL		
19:45	20:30	CYCLING		CYCLING		CYCLING			
19.10	20:00	EXTERIOR		RUNNING					
20.10	21:00	TARONJA	HIIT	CARDIOTONO	ABDOMINALS 25'	PILATES			
20:35	21:00	TARONJA			ESTIRAMENTS 25'				
20.15	21.05	NÀPOLS	COS MENT	PILATES	COS MENT				
20.30	21.15	CYCLING	CYCLING		CYCLING				
20.45	21.30	CYCLING		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		