HORARI AADD DE L'1 AL 30 DE NOVEMBRE

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		
7:50	8:00	FITNESS	TÁBATA 10'	TREN SUPERIOR 10'	ESTIRAMENTS 10'	TREN INFERIOR 10'	ABDOMINALS 10'		
08.00	08.50	TARONJA	CARDIOTONO	LesMILLS BODYPUMP	TONIFICACIÓ	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	
8:50	9:00	FITNESS	ESTIRAMENTS 10'	TÁBATA 10'	TREN INFERIOR 10'	ABDOMINALS 10'	TREN SUPERIOR 10'		
09.00	09.50	TARONJA	TONIFICACIÓ	CARDIO STEP	ABDOMINALS 25'	LesMILLS BODYPUMP	PILATES		
9:00	9:30	NÀPOLS		HIPOPRESIUS 30'					
9.25	9.50	TARONJA			ESTIRAMENTS 25'				
09.15	10.00	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	RADYKAL CYCLING	CYCLING		
9:30	10:00	NÀPOLS		GYM SUAU 30'					
9.30	10.20	NÀPOLS/TARONJA						GAC	
10:00	10:50	TARONJA	GYM SUAU		GYM SUAU		TONIFICACIÓ		
10.00	10.30	FITNESS	FUNCIONAL		FUNCIONAL		FUNCIONAL		FUNCIONAL
10.15	11.00	PISCINA		AQUAGYM		AQUAGYM			
10:15	11:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
10.30	11.15	CYCLING						CYCLING	CYCLING
10.30	10.45	FITNESS	ESTIRAMENTS 15'		ABDOMINALS 15'		CAMES 15'		
11:00	11:50	TARONJA	COS MENT	PILATES	COS MENT		COS MENT		
11:15	12:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
11.30	12.20	NÀPOLS/TARONJA						TONIFICACIÓ	CARDIOTONO
12:15	13:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
12.30	13.20	NÀPOLS/TARONJA						MIX DANCE	GAC
12.30	13.15	CYCLING						CYCLING VIRTUAL	CYCLING VIRTUAL
13:00	13:45	CYCLING		CYCLING		CYCLING			
13:15	14:00	CYCLING	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
13.30	14.00	NÀPOLS						ESTIRAMENTS 30'	ESTIRAMENTS 30'
14:00	14.45	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
14.00	14.50	TARONJA	COS MENT	TONIFICACIÓ	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		CARDIO HOKEY 30'	CARDIO BOX	LesMILLS BODYPUMP			
18.15	19.05	NÀPOLS		GAC					
18.30	19.20	TARONJA					ZUMBA		
18.30	19.15	CYCLING	CYCLING	CYCLING	CYCLING	RADYKAL CYCLING	CYCLING		
19.10	20:00	NÀPOLS		PILATES	ZUMBA	CARDIO STEP			
19:10	20:00	TATAMI				PILATES			
19:15	20:00	CYCLING						CYCLING VIRTUAL	
19.10	20:00	TARONJA	TONIFICACIÓ	ZUMBA	LesMILLS BODYPUMP	ZUMBA			
19.20	19.45	TARONJA					ABDOMINALS 25'		
19:45	20:10	TARONJA					ESTIRAMENTS 25'		
19.45	20.30	PISCINA		AQUAGYM		AQUAGYM			
19:30	20:15	CYCLING	CYCLING	RADYKAL CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL		
19.00	20:30	EXTERIOR		RUNNING					
20.10	21:00	TARONJA	ABDOMINALS 25'	CAMES 25'	ABDOMINALS 25'	ABDOMINALS 25'			
20:35	21:00	TARONJA	ESTIRAMENTS 25'	ESTIRAMENTS 25'	ESTIRAMENTS 25'				
20.10	21.00	NÀPOLS			COS MENT				
20.10	21.00	TATAMI		IOGA		IOGA			
20.20	20:50	NÀPOLS	HIPOPRESIUS 30'			HIPOPRESIUS 30'			
20:20	20:45	FITNESS	TÁBATA 10'	HIIT 25'	FUNCIONAL				
20.30	21.15	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
21:30	22:15	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		