

HORARI FITNESS ONLINE

SESSIÓ		SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
INICI	FINAL	S/P					
MATÍ							
9:30	10:20	SALA 2			CARDIO POWER		
9:30	10:20	SALA 3					
9:30	10:20	SALA 1					
10:30	11:20	SALA 2					GAC
10:30	11:20	SALA 3		GAC		WORKOUT	
10:30	11:20	SALA 1	HIIT				
11:30	12:20	SALA 2					
TARDA							
17:00	17:50	SALA 2					
18:00	18:50	SALA 2					
18:00	18:50	SALA 3					
18:00	18:30	FITNESS	FITNESS EXPRESS	FITNESS EXPRESS	FITNESS EXPRESS	FITNESS EXPRESS	
19:00	19:50	SALA 3			GAC		
19:00	19:50	SALA 2					HIIT
19:00	19:50	SALA 1					
20:00	20:50	SALA 3					
20:00	20:50	SALA 2		FITCOMPLEX		FITCOMPLEX	