

## HORARI ACTIVITATS FITNESS ONLINE

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