

HORARI AADD del 19 d'Abril al 29 de Maig del 2022

J		SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
INICI	FINAL							
MATÍ								
8:30	9:15	PISCINA					AQUATONO	
9:30	10:20	EXTERIOR	AERODANCE	SPINBIKE			SPINBIKE	
9:30	10:20	SALA 2	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	CARDIO POWER	LES MILLS BODYPUMP	HATHA IOGA	
9:30	10:20	SALA 1				LES MILLS BODYBALANCE		
9:30	10:20	PISCINA	AQUATONO	AQUAGYM	AQUATONO	AQUAGYM		
9:45	10:35	SALA 1						LES MILLS BODYPUMP
9:45	10:35	SALA 2						STRETCHING
10:30	11:20	SALA 2	CARDIO POWER	PILATES-IOGA	STRETCHING	PILATES-IOGA	GAC	
10:30	11:20	EXTERIOR	STRETCHING	WORKOUT	AERODANCE			
10:30	11:20	EXTERIOR	SPINBIKE			SPINBIKE		
10:30	11:20	SALA 1			LES MILLS BODYPUMP		GYM IOGA	
10:45	11:35	SALA 1						LES MILLS SHBAM
10:45	11:35	SALA 2						GYM IOGA
11:30	12:20	EXTERIOR		PILATES-IOGA		PILATES-IOGA		
11:30	12:20	SALA 2	HATHA IOGA		HATHA IOGA			
TARDA								
17:00	17:50	SALA 2	TONOENERGY	PILATES	TONOENERGY	PILATES		
18:00	18:50	SALA 1	STEP HIIT	PILATES	STRETCHING	PILATES		
18:00	18:50	EXTERIOR						
18:00	18:50	SALA 2	LES MILLS SHBAM	AERODANCE	GAC	CARDIO POWER	TONIFICACIÓ	
19:00	19:50	SALA 3				LES MILLS BODYPUMP		
19:00	19:50	SALA 2	LES MILLS BODYPUMP	CARDIO POWER	GYM IOGA	AERODANCE	HIIT	
19:00	19:50	EXTERIOR	CALISTENIA	SPINBIKE	SPINBIKE			
19:00	19:50	SALA 1	GYM IOGA		LES MILLS SHBAM	LES MILLS BODYBALANCE		
20:00	20:50	EXTERIOR	SPINBIKE					
20:00	20:50	SALA 1		HATHA IOGA		HATHA IOGA		
20:00	20:50	SALA 2		FITCOMPLEX				
20:00	20:50	EXTERIOR			WORKOUT			