

HORA		SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
INICI	FINAL						
TARDA							
18:00	18:50	SALA 2		LES MILLS SHBAM		LES MILLS BODYBALANCE	
19:00	19:50	SALA 2	LES MILLS BODYPUMP	SPINBIKE	LES MILLS BODYPUMP	LES MILLS BODYPUMP	
20:00	20:50	SALA 2	SPINBIKE	LES MILLS BODYBALANCE	WORKOUT	SPINBIKE	