

Matí

Hora	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07:00	07:00 - 07:50 (Sala 3) Cycling	07:30 - 08:15 (Piscina 2) Aqua Dynamic 07:00 - 07:50 (Sala 1) GAC	07:00 - 07:50 (Sala 3) Cycling	07:30 - 08:15 (Piscina 2) Aquagim 07:00 - 07:50 (Sala 1) Tono	07:00 - 07:50 (Sala 1) Bodypump		
08:00	08:30 - 09:20 (Sala 1) Tono	08:30 - 09:20 (Sala 1) Bodycombat	08:30 - 09:20 (Sala 1) TBC	08:30 - 09:00 (Sala 1) Cxworx			
09:00	09:15 - 10:00 (Piscina 2) Aqua Dynamic 09:30 - 10:20 (Sala 3) Cycling 09:30 - 10:20 (sala 1) Dance	09:15 - 10:00 (piscina 2) Aquagim 09:30 - 10:20 (Sala 3) Cycling 09:30 - 10:20 (sala 1) Step Nivell 2 09:30 - 10:20 (Sala 2) Tono	09:15 - 10:00 (Piscina 2) Aqua Dynamic 09:30 - 10:20 (Sala 1) Bodypump 09:30 - 10:20 (Sala 2) GAC	09:15 - 10:00 (piscina 2) Aquagac 09:30 - 10:20 (Sala 3) Cycling 09:30 - 10:20 (Sala 1) Zumba 09:30 - 10:20 (Sala 2) Tono	09:15 - 10:00 (Piscina 2) Aqua Dynamic 09:30 - 10:20 (Sala 1) Bodycombat 09:30 - 10:20 (Sala 2) Corpore		
10:00	10:30 - 11:00 (Sala 1) Hipopresivo	10:30 - 11:00 (Sala 1) Abdominals	10:30 - 11:00 (Sala 1) Hipopresivo	10:30 - 11:00 (Sala 1) Abdominals	10:30 - 11:00 (Sala 1) Abdominals	10:00 - 10:50 (sala 1) Zumba	
11:00	11:00 - 11:45 (piscina 2) Aquamaster	11:00 - 11:45 (piscina 1) Aquaprofunda	11:00 - 11:45 (piscina 2) Aquamaster	11:00 - 11:45 (piscina 1) Aquaprofunda	11:00 - 11:45 (piscina 2) Aquamaster	11:00 - 11:50 (sala 1) GAC	

Tarda

Hora	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
20:00	20:30 - 21:20 (Sala 1) Bodypump	20:30 - 21:20 (sala 1) Zumba	20:30 - 21:20 (sala 1) GAC	20:30 - 21:00 (sala 1) Cxworx	20:30 - 21:20 (Sala 1) Zumba		
	20:30 - 21:00 (Sala 2) Abdominals	20:30 - 21:00 (Sala 2) Hipopresivo	20:30 - 21:00 (Sala 2) Abdominals	20:30 - 21:00 (Sala 2) Hipopresivo	20:30 - 21:00 (Sala 2) Abdominals		
	20:30 - 21:20 (Sala 3) Cycling	20:30 - 21:20 (Sala 3) Cycling	20:30 - 21:20 (Sala 3) Cycling	20:30 - 21:20 (Sala 3) Cycling			
21:00	21:00 - 21:50 (Sala 2) GAC	21:00 - 21:50 (SALA 2) Bodycombat	21:00 - 21:50 (Sala 2) Estiraments	21:00 - 21:50 (sala 2) Zumba	21:00 - 21:50 (Sala 2) Estiraments		