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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 Fitness) Technogym - Easy Line 09:30 - 10:20 (sala 1) Step Nivell 2	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 Fitness) Technogym - Easy Line 09:30 - 10:20 (Sala 1) Zumba	09:15 - 10:00 (Piscina 2) Aqua Dynamic 09:30 - 10:20 (Sala 1) Bodycombat 09:30 - 10:20 (Sala 2) Corpore		

Hora	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
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) Tono 10:00 - 10:50 (sala 1) Bodypump	
11:00	11:00 - 11:45 (Piscina Petita) Aquamaster	11:00 - 11:45 (Piscina 1) Aquaprofunda	11:00 - 11:45 (Piscina Petita) Aquamaster	11:00 - 11:45 (Piscina 1) Aquaprofunda	11:00 - 11:45 (Piscina Petita) Aquamaster	11:00 - 11:50 (sala 1) Step Nivell 2	
Tarda							
13:00	13:30 - 14:20 (Sala 1) GAC 13:30 - 14:20 (Sala 3) Cycling	13:30 - 14:20 (Sala 1) Bodycombat 13:30 - 14:20 (Sala 3) Cycling	13:30 - 14:00 (Sala 1) Cxworx	13:30 - 14:20 (Sala 1) Bodypump 13:30 - 14:20 (Sala 3) Cycling	13:30 - 14:20 (Sala 3) Cycling		
14:00	14:30 - 15:00 (Sala 1) Cxworx	14:30 - 15:20 (Sala 1) Step Nivell 2	14:30 - 15:20 (Sala 1) Bodypump	14:30 - 15:20 (sala 1) GAC	14:30 - 15:20 (Sala 1) Bodycombat		
15:00	15:15 - 16:05 (Sala 1) Step Nivell 1	15:15 - 15:45 (Sala 1) Cxworx		15:15 - 16:05 (Sala 1) Bodycombat	15:15 - 16:05 (Sala 1) Bodypump		

Hora	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
			15:15 - 16:05 (Sala 3) Cycling				
17:00	17:30 - 18:20 (Sala 1) Bodypump 17:30 - 18:20 (Sala 3) Cycling	17:30 - 18:20 (Sala 1) TBC	17:30 - 18:20 (Sala 1) Bodycombat		17:30 - 18:20 (Sala 1) GAC		
18:00	18:30 - 19:15 (Piscina 2) Aqua Dynamic 18:30 - 19:20 (Sala 1) Zumba 18:30 - 19:20 (Sala 2) GAC 18:30 - 19:20 (Sala 3) Cycling	18:30 - 19:15 (Piscina 2) Aquagac 18:30 - 19:20 (Sala 1) Corpore 18:30 - 19:20 (Sala 2) Bodycombat 18:30 - 19:20 (Sala 3) Cycling	18:30 - 19:15 (Piscina 2) Aqua Dynamic 18:30 - 19:20 (Sala 1) Bodypump 18:30 - 19:20 (Sala 2) HIIT 18:30 - 19:20 (Sala 3) Cycling	18:30 - 19:15 (piscina 2) Aquagim 18:30 - 19:20 (sala 1) Step Nivell 2 18:30 - 19:20 (Sala 2) GAC 18:30 - 19:20 (Sala 3) Cycling	18:30 - 19:15 (Piscina 2) Aqua Dynamic 18:30 - 19:20 (Sala 1) Bodycombat 18:30 - 19:20 (Sala 3) Cycling		
19:00	19:15 - 20:00 (Piscina 2) Aquagac 19:30 - 20:20 (Sala 1) Bodycombat	19:15 - 20:00 (Piscina 2) Aqua Dynamic 19:30 - 20:20 (Sala 1) Bodypump	19:15 - 20:00 (Piscina 2) Aquagim 19:30 - 20:20 (Sala 1) Zumba	19:15 - 20:00 (Piscina 2) Aqua Dynamic 19:30 - 20:20 (sala 1) Corpore	19:30 - 20:20 (sala 1) Bodypump		

Hora	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
	19:30 - 20:20 (Sala 2) Tono	19:30 - 20:20 (Sala 2) GAC	19:30 - 20:00 (Sala 2) Cxworx	19:30 - 20:20 (Sala 2) Bodycombat			
	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling		
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) Estiraments	21:00 - 21:50 (sala 2) Zumba	21:00 - 21:50 (Sala 2) Estiraments		
		21:00 - 21:50 (Sala 1) Bodycombat					