

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:25	8:10	VG 1	CYCLING 45' VIRTUAL	CYCLING 45' VIRTUAL		CYCLING 45' VIRTUAL	CYCLING 45' VIRTUAL		
7:40	VG 2		FUNCIONAL TRAINING 25' KIKO	BODYPUMP 30' MARI				
8:15	9:00	VG 1	CYCLING 45' VIRTUAL	CYCLING 45' KIKO	CYCLING 45' VIRTUAL	CYCLING 45' EVA	CYCLING 45' VIRTUAL		
8:15	VG 2	GACXPRES 30' KIKO		HIIT CONTROL 25' MARI		BODYPUMP 60' MARI		
8:50	9:15	VG 2	FUNCIONAL TRAINING 30' KIKO		GACXPRES 30' KIKO	STRETCHING 25' KIKO			
9:20	ESTUDI PILATES	*HIPOPRESSIUS 30'Inicial 30'Avançat	YOGA VG 50' NATIVIDAD	PILATES VG 50' EVA	* REFORMER CADILLAC 55' EVA	*HIPOPRESSIUS 30'Inicial 30'Avançat		
9:20	10:05	VG 1	CYCLING 45' KIKO	CYCLING 45' VIRTUAL	CYCLING 45' KIKO	CYCLING 45' VIRTUAL	CYCLING 45' MARC	CYCLING 45' VIRTUAL	
9:20	VG 2		ZUMBA 55' MARI		BODYPUMP 60' KIKO			BODYATTACK 60' VIRTUAL
9:50	10:20	VG 2							
10:00	11:00	VG 2						BODYPUMP 60' Rotació	
10:20	11:10	VG 1	CYCLING 45' VIRTUAL	CYCLING 45' VIRTUAL	CYCLING 45' VIRTUAL	CYCLING 45' VIRTUAL	CYCLING 45' VIRTUAL		CYCLING 45' VIRTUAL
10:20	VG 2		GYMPOSTURAL 25' KIKO	STRETCHING 25' KIKO	YOGA VG 50' NATIVIDAD			BODYPUMP 60' VIRTUAL
10:50	11:15	VG 2		STRETCHING 25' KIKO	GYMPOSTURAL 25' KIKO				
11:05	11:30	VG 2						STRETCHING 25' Rotació	
11:45	13:00	VG 1						CYCLING 75' Rotació	CYCLING 75' VIRTUAL
14:15	VG 2 / 1	FUNCIONAL TRAINING 25' ALBERT	CYCLING 45' ALBERT	BODYATTACK XPRES 25' ALBERT	rip:60 KIKO	CYCLING 45' ALBERT		
14:45	VG 2	GACXPRES 25' MARI		FUNCIONAL TRAINING 25' MARC	HIIT CONTROL 25' KIKO			
15:15	VG 2 / 1	ZUMBA 55' MARI	BODYATTACK XPRES 25' ALBERT	CYCLING 45' MARC	BODYPUMP 60' EVA	GACXPRES 25' EVA		
15:45	VG 2		HIIT CONTROL 25' EVA			rip:60 25' EVA		
17:15	18:10	ESTUDI PILATES	*MATT - MIVe 55' EVA						
17:25	18:10	VG 1	CYCLING 45' VIRTUAL	CYCLING 45' ALBERT	CYCLING 45' VIRTUAL		CYCLING 45' ALBERT	CYCLING 45' VIRTUAL	
17:15	VG 2	BODYPUMP 60' MARI	BODYATTACK 25'VIRTUAL XPRES	FUNCIONAL TRAINING 25' KIKO				
17:45	18:10	VG 2			HIIT CONTROL 25' KIKO	rip:60 25' MARI			
18:00	18:45	VG 2		SH'BAM 45' MARI					
18:15	ESTUDI PILATES		PILATES VG 50' EVA	* REFORMER CADILLAC 55' EVA	*HIPOPRESSIUS 30'Inicial 30'Avançat	* YOGA Avançat 55' NATIVIDAD		
18:20	VG 2	FUNCIONAL TRAINING 25' ALBERT		BODYPUMP 60' KIKO	BODYATTACK XPRES 25' ALBERT	ZUMBA 55' MARI		
18:25	19:10	VG 1	CYCLING 45' EVA	CYCLING 45' MARC	CYCLING 45' MARC	CYCLING 45' MARI	CYCLING 45' VIRTUAL	CYCLING 45' VIRTUAL	
18:50	19:15	VG 2	rip:60 25' ALBERT	GACXPRES 25' MARI		HIIT CONTROL 25' ALBERT			
19:15	20:10	ESTUDI PILATES		*MATT - MIVe 55' EVA		* REFORMER CADILLAC 55' EVA			
19:25	20:10	VG 1	CYCLING 45' MARC	CYCLING 45' MARC	CYCLING 45' MARC	CYCLING 45' ALBERT	CYCLING 45' MARI		
19:25	VG 2	BODYPUMP 60' EVA	STEP 50' MARI	BODYATTACK 55' ALBERT	GACXPRES 25' MARI	BODYPUMP 60' KIKO		
20:00	VG 2				FUNCIONAL TRAINING 25' MARI			
20:15	ESTUDI PILATES		*HIPOPRESSIUS 30'Inicial 30'Avançat	YOGA VG 50' NATIVIDAD	PILATES VG 50' EVA			
20:25	21:10	VG 1	CYCLING 45' MARC	CYCLING 45' VIRTUAL	CYCLING 45' VIRTUAL	CYCLING 45' ALBERT	CYCLING 45' VIRTUAL		
20:30	VG 2	BODYATTACK 55' ALBERT	BODYPUMP 60' ALBERT	HIIT CONTROL 25' MARC	ZUMBA 55' MARI	STRETCHING 25' MARI		
21:25	22:10	VG 1	CYCLING 45' VIRTUAL			CYCLING 45' VIRTUAL			

* Activitats no incloses amb la quota de soci, cursos grups reduïts, inscripcions a recepció