

		dl	dt	dc	dj	dv	db	dg
06:10 - 07:00	AADD 2	HBX BOXING	TRX	GAC				
	AADD 1		BODYPUMP™					
	ESTUDI PILATES (€)		ESTUDI PILATES(€)					
	SALA CYCLING	CYCLING						
06:15 - 07:00	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
	AADD 1			HIIT	TABATA			
07:10 - 08:00	SALA CYCLING		CYCLING		CYCLING			
	AADD 2		HBX BOXING					
	ESTUDI PILATES (€)			ESTUDI PILATES(€)				
	AADD 1	BODYPUMP™	MOBILITY					
07:15 - 08:00	PISCINA INTERIOR	AIGUAGYM	TECNICA NATACIÓ	AIGUAGYM	TECNICA NATACIÓ	AIGUAGYM		
	ZONA FUNCIONAL	FUNCTIONAL TRAINING			FUNCTIONAL TRAINING			
	AADD 1			HIIT				
	AADD 2					TABATA		
08:00 - 08:30	AADD 1				ABDOMINALS			
08:10 - 09:00	AADD 2		MOBILITY	ESQUENA SANA		ESPAI ESTIRA		
	AADD 1		BODYPUMP™					
08:15 - 09:00	ZONA FUNCIONAL			FUNCTIONAL TRAINING				
	AADD 1	TABATA				HIIT		
	PISCINA INTERIOR	AIGUAGYM	AIGUAGYM	AIGUAGYM		AIGUAGYM		
08:30 - 09:00	AADD 1				LOWERBODY			
09:00 - 09:30	AADD 1	ABDOMINALS		GLUTIS	UPPERBODY	ABDOMINALS		
	ZONA FUNCIONAL		GLUTIS					
09:10 - 10:00	AADD 1		IOGA				BODYPUMP™	
	SALA CYCLING						CYCLING	CYCLING
09:15 - 10:00	PISCINA INTERIOR	AIGUAGYM	AIGUAGYM	AIGUAGYM	AIGUAGYM	AIGUAGYM	AIGUAGYM	
09:30 - 10:15	ZONA FUNCIONAL						FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
09:30 - 10:20	SALA CYCLING	CYCLING		CYCLING				
	AADD 2	ESQUENA SANA	HBX BOXING	PILATES	IOGA	ESQUENA SANA		
	ESTUDI PILATES (€)			ESTUDI PILATES(€)		ESTUDI PILATES(€)		
	AADD 1	BODYPUMP™		TBC	TBC	GAC		
	ZONA FUNCIONAL	MOBILITY						
10:10 - 11:00	SALA CYCLING						CYCLING	CYCLING
	AADD 1		ZUMBA®				BODYPUMP™	
10:15 - 11:00	ZONA FUNCIONAL		FUNCTIONAL TRAINING					
10:15 - 11:05	ESTUDI PILATES (€)						ESTUDI PILATES(€)	
10:30 - 11:15	PISCINA INTERIOR	AIGUAGYM					CURSET NATACIÓ (€)	
	AADD 2				HIPOPRESSIUS*			
	ZONA FUNCIONAL					FUNCTIONAL TRAINING		

10:30 - 11:20	ESTUDI PILATES (€)	ESTUDI PILATES(€)	ESTUDI PILATES(€)	ESTUDI PILATES(€)		ESTUDI PILATES(€)		
	AADD 1	ESPAI ESTIRA		MOBILITY		TBC		
	AADD 2	FOAM ROLLER	PILATES	ESPAI ESTIRA		IOGA		
10:30 - 11:45	ZONA FUNCIONAL							FUNCTIONAL TRAINING
11:00 - 11:30	AADD 1		GLUTIS					
11:00 - 11:45	PISCINA INTERIOR		CURSET NATACIÓ (€)					
11:10 - 12:00	AADD 1							BODYCOMBAT™
11:15 - 12:00	PISCINA INTERIOR							CURSET NATACIÓ (€)
	ZONA FUNCIONAL							FUNCTIONAL TRAINING
11:30 - 12:15	PISCINA INTERIOR	AQUAMAMIS (€)		AQUAMAMIS (€)				
12:00 - 12:45	PISCINA INTERIOR							CURSET NATACIÓ (€)
12:30 - 13:20	ESTUDI PILATES (€)					ESTUDI PILATES(€)		
13:40 - 14:30	AADD 1	TBC	BODYPUMP™		TBC			
	SALA CYCLING	CYCLING		CYCLING		CYCLING		
	AADD 2	HBX BOXING						
	ESTUDI PILATES (€)				ESTUDI PILATES(€)			
13:45 - 14:30	ZONA FUNCIONAL		FUNCTIONAL TRAINING	FUNCTIONAL TRAINING				
	AADD 2				TABATA			
	AADD 1			HIOPRESSIUS*				
	PISCINA INTERIOR				TECNICA NATACIÓ			
14:30 - 15:20	AADD 1	TBC			BODYPUMP™			
14:40 - 15:30	AADD 1		GAC					
15:10 - 16:00	ESTUDI PILATES (€)	ESTUDI PILATES(€)						
	AADD 2			HBX BOXING				
15:15 - 16:00	AADD 1			HIOPRESSIUS*				
15:20 - 16:10	AADD 1	BODYPUMP™			TBC	BODYPUMP™		
15:30 - 16:00	AADD 1		LOWERBODY					
15:30 - 16:15	PISCINA INTERIOR			AIGUATONIC		AIGUAFIT		
16:10 - 17:00	ESTUDI PILATES (€)				ESTUDI PILATES(€)			
	AADD 1		ZUMBA®					
	AADD 2			ESPAI ESTIRA				
16:15 - 17:00	PISCINA INTERIOR		AQUAMAMIS (€)		AQUAMAMIS (€)			
	ZONA FUNCIONAL					FUNCTIONAL TRAINING		
16:30 - 17:00	AADD 1	GLUTIS						
17:00 - 17:30	AADD 1		UPPERBODY					
17:10 - 18:00	AADD 1	BODYPUMP™			BODYPUMP™	GAC		
	AADD 2	IOGA		PILATES				
	ESTUDI PILATES (€)		ESTUDI PILATES(€)					
17:15 - 18:00	ZONA FUNCIONAL	FUNCTIONAL TRAINING	TABATA	FUNCTIONAL TRAINING				
17:30 - 18:00	AADD 1		LOWERBODY					

17:30 - 18:15	PISCINA INTERIOR	CURSET NATACIÓ (€)						
18:00 - 18:30	ZONA FUNCIONAL			GLUTIS		UPPERBODY		
18:10 - 19:00	SALA CYCLING	CYCLING	CYCLING	CYCLING	CYCLING			
	AADD 2		MOBILITY	IOGA	HBX BOXING	PILATES		
	AADD 1	TBC	BODYPUMP™	BODYPUMP™		ZUMBA®		
	ESTUDI PILATES (€)		ESTUDI PILATES(€)	ESTUDI PILATES(€)				
18:15 - 19:00	PISCINA INTERIOR	CURSET NATACIÓ (€)						
	ZONA FUNCIONAL	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING			
	AADD 2	TABATA						
	AADD 1				TABATA			
18:30 - 19:00	ZONA FUNCIONAL			ABDOMINALS		GLUTIS		
19:00 - 19:45	PISCINA INTERIOR					CURSET NATACIÓ (€)		
19:10 - 20:00	AADD 2	ESPAI ESTIRA	K1 SPEED		PILATES	IOGA		
	AADD 1	BODYPUMP™		BODYCOMBAT™				
	ESTUDI PILATES (€)	ESTUDI PILATES(€)	ESTUDI PILATES(€)	ESTUDI PILATES(€)	ESTUDI PILATES(€)			
	SALA CYCLING	CYCLING	CYCLING	CYCLING	CYCLING			
19:15 - 20:00	AADD 1		TABATA		HIIT			
	ZONA FUNCIONAL	FUNCTIONAL TRAINING						
	PISCINA INTERIOR	AIGUATONIC	AIGUAFIT	AIGUAFUNCIONAL	AIGUACARDIO			AIGUAGYM
	AADD 2			HIIT				
20:00 - 20:30	AADD 2			GLUTIS				
	AADD 1		ABDOMINALS					
20:10 - 21:00	AADD 1	GAC		ZUMBA®	BODYPUMP™			
	AADD 2	HBX BOXING	IOGA					
	ESTUDI PILATES (€)				ESTUDI PILATES(€)			
20:15 - 21:00	PISCINA INTERIOR	CURSET NATACIÓ (€)		CURSET NATACIÓ (€)		CURSET NATACIÓ (€)		
	ZONA FUNCIONAL		FUNCTIONAL TRAINING					
20:30 - 21:00	AADD 2			ABDOMINALS				