

MATINS

HORARI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:15 - 8:00	GC				GROUP CYCLE			
7:15 - 8:00	B	BODYPUMP	BODYCOMBAT V.	LESMILLS CORE	BODYBALANCE V.			
7:15 - 8:10	B					BODYBALANCE		
8:00 - 8:55	A	IOGA	PILATES	IOGA	PILATES			
8:15 - 9:00	B	BODYCOMBAT V.	LESMILLS CORE V.	BODYPUMP V.	SH'BAM V.	BODYPUMP	BODYBALANCE V.	
8:15 - 9:00	PS	AIGUAMIX	AIGUATONO	AIGUAHIIT	AIGUAMIX	AIGUATONO		
8:30 - 9:00	B			GRIT SERIES				
9:00 - 9:55	A	BODYBALANCE	ESTIRAMENTS	PILATES	ESTIRAMENTS	PILATES		
9:15 - 10:00	B	TOTALFIT		BODYPUMP	BODYCOMBAT	LESMILLS CORE	BODYCOMBAT V.	BODYPUMP V.
9:15 - 10:00	PS	AIGUATONO	AIGUAMIX	AIGUAMIX	AIGUATONO	AIGUAMIX		
9:15 - 10:00	GC	GROUP CYCLE		GROUP CYCLE		GROUP CYCLE		
9:15 - 10:10	B		BODYATTACK					
10:00 - 10:45	GC						GROUP CYCLE	
10:00 - 10:45	PS		!				AIGUAMIX	
10:00 - 10:55	A	PILATES	BALLETFITNESS	ESTIRAMENTS	SENIORS	TXI KUNG		
10:15 - 11:00	B	BODYPUMP	TOTALFIT		SH'BAM	BODYBALANCE	LESMILLS CORE 30' V.	BODYCOMBAT V.
10:15 - 11:00	PS		AIGUAMIX		AIGUAMIX	AIGUAMIX		
10:15 - 11:10	B			BODYJAM !				
11:00 - 11:55	B						BODYPUMP	
11:15 - 12:00	B		RITMES LLATINS		BODYPUMP V.	BODYBALANCE V.		BODYPUMP V.
11:15 - 12:00	PS	AIGUAGIM		AIGUAMIX		AIGUATONO		
11:15 - 12:10	B	SENIORS		PILATES				
11:15 - 12:10	A		IOGA		ESTIRAMENTS			
11:15 - 12:30	A	TAI TXI		TAI TXI		TAI TXI		
11:30 - 13:30	OUT				MARXA NÒRDICA			
12:00 - 12:55	B						BODYBALANCE	
12:15 - 13:00	B	BODYPUMP V.	BODYBALANCE V.	BODYCOMBAT V.	LESMILLS CORE V.	SH'BAM V.		LESMILLS CORE V.

TARDA

HORARI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
13:15 - 14:00	B	BODYBALANCE V.	SH'BAM V.	BODYPUMP V.	LESMILLS CORE V.	BODYBALANCE V.	BODYCOMBAT V.	SH'BAM V.
14:00 - 14:55	K					BOXING TRAINING !		
14:15 - 15:00	B	BODYCOMBAT V.	TOTALFIT	SH'BAM	BODYPUMP	LESMILLS CORE V.	BODYBALANCE V.	
14:15 - 15:10	A	BODYBALANCE						
15:15 - 16:00	B	LESMILLS CORE V.	BODYPUMP V.	BODYBALANCE V.	BODYCOMBAT V.	BODYBALANCE V.	SH'BAM V.	
16:15 - 17:00	B	BODYCOMBAT V.	BODYBALANCE V.	BODYPUMP V.	LESMILLS CORE V.	BODYPUMP V.	LESMILLS CORE V.	
17:00 - 17:55	A	PILATES	IOGA	PILATES	IOGA			
17:15 - 18:00	B	SH'BAM V.	BODYPUMP	BODYCOMBAT V.	TOTALFIT	LESMILLS CORE V.	BODYPUMP V.	
17:15 - 18:00	OUT				FUNCTIONAL RUNNING			
18:00 - 18:55	OUT			FUNCTIONAL RUNNING				
18:00 - 18:55	A	BODYBALANCE	ESTIRAMENTS		ESTIRAMENTS !	BODYBALANCE !		
18:15 - 19:00	B	BODYPUMP	TOTALFIT	RITMES LLATINS	SH'BAM	BODYPUMP	BODYBALANCE V.	
18:15 - 19:00	PS		AIGUAMIX					
18:15 - 19:00	GC	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE			
18:15 - 19:00	A			LESMILLS CORE				
19:00 - 19:55	A			BODYBALANCE				
19:15 - 20:00	A				BALLETFITNESS !			
19:15 - 20:00	B		SH'BAM	BODYPUMP				
19:15 - 20:00	PS	AIGUATONO		AIGUAHIIT		AIGUAMIX		
19:15 - 20:00	GC	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE		
19:15 - 20:10	B	BODYATTACK			BODYCOMBAT !	BODYJAM !		
19:30 - 20:25	K		BOXING TRAINING !					
20:10 - 21:05	K				BOXING TRAINING !			
20:15 - 21:00	B	BODYPUMP	LESMILLS CORE					
20:15 - 21:10	B			BODYCOMBAT	BODYPUMP V.	SH'BAM V.		
20:15 - 21:10	A	PILATES	IOGA	PILATES	BODYBALANCE			
20:30 - 21:25	K	BOXING TRAINING !						
21:15 - 22:00	B	BODYCOMBAT V.	BODYPUMP V.	BODYPUMP V.	LESMILLS CORE V.	BODYBALANCE V.		



LES SESSIONS MARCADES AMB AQUEST CERCLE COMENÇARAN A PARTIR DE DILLUNS 11 DE SETEMBRE.
 TOTES LES SESSIONS DE BOXING TRAINING, BALLETFITNESS I BODYJAM.
 TAMBÉ EL BODYCOMBAT DE DIJOUS A LES 19:15H I ESTIRAMENTS A LES 18H I BODYBALANCE DE DIVENDRES 18H.

RECORDA FER RESERVA PRÈVIA A LA NOSTRA APP **PUTXETSPORT PLUS**.