

## HORARI 2018

HORARI	S	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.45-8.30	1	BS IOGA		PILATES 45'		PILATES 45'		
07.45-8.30	3		CYCLING		CYCLING			
07.45-8.30	2	TONIFICACIÓ				TONO 45'		
07.45-8.30	P		SWIM FIT					
07.45-8.40	2			BODYPUMP				
8:30 -9:15	3							
08.30-9.15	2	BODYPUMP	GAC 45'	TONO 45'				
08.30-9.25	2					CARDIOTONO		
08:45-9:30	SP				XT29			
9:00-9:30	SP			XT29				
09.15-10.10	2	XT29						
09.30-10.15	P		SWIM FIT		SWIM FIT			
09.30-10.15	3	CYCLING		CYCLING		CYCLING		
09.30-10.25	SP		BODY BALANCE					
09.30-10.25	SF					XT29 CIRCUIT		
09.30-10.25	1	TONIFICACIÓ			BODYBALANCE			
09.30-10.25	SP					BS SENSACIONS		
09.30-10.25	2			BSDANCE	BODYPUMP			
09.30-10.25	2		BODYPUMP			FULL BODY		
10:00-10:25	1		BOXA			BOXA		
10:00-10:55	2						TONO 45'	TONO 45'
10.30-11.15	P	AQUA GYM	AQUAGYM	AQUA GYM	SWIM FIT	AQUA GYM		
10.30-11.25	1	BS IOGA	PILATES TONO	BODYBALANCE		PILATES		
10.30-11.25	2	CARDIOTONO	ZUMBA	TONIFICACIÓ	BSCOMBO	BS DANCE		
10:30-12:00	O				BSWALKING			
11:00-11:55	2						BS DANCE	BS DANCE
11:00-11:45	3						CYCLING	CYCLING
11:15-12:00	SP						XT29 KIDS	XT29 KIDS
11.30-12-25	1		IOGA FLOW		BS IOGA I	CLASIC BALANCE		
11.30-12-25	2	SEVILLANES			SEVILLANES			
12:00-12:55	2						ESQUENA SANA	ESQUENA SANA
12:00-12:55	1	HATHA IOGA		BSIOGA I				
12:30-13:15	1		PILATES TOOLS		BSIOGA II			
12.30-13.25	2	FLAMENC						
12.30-14.00	SP						XT29 JUNIOR	XT29 JUNIOR
12:15-13:00	3							
13.00-13.45	3						CYCLING	CYCLING
13.15-14.00	P	SWIM FIT		SWIM FIT	SWIM FIT			
13.00-13.55	1			BSIOGA II				
13.30-14.25	2			BS DANCE				
13:30-14:00	SP			XT29				
13:30-14:00	1		ESQUENA SANA					
13:30-14:25	2					COMBO & DANCE		
13:45-14:30	2				GLUTIS 10			
14:00-14:30	SP	XT29	XT29			XT29		
14:00-14:45	SP			BOXA				
14.15-15.00	3	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
14.15-15.15	O		RUNNING					
14.30-15.25	1	PILATES				MOVE & STRETCH		
14.30-15.25	2	BS HIT	BODYPUMP	CARDIOTONO	BS HIIT	BODYPUMP		
17:00-17:45	2	ZUMBA 45'						
17:00-17:55	2			BS COMBO	BS MODELA'T	PILATES ATHLETIC		
17:15-18:00	2		GLUTIS 10					
17.30-18.25	1	PILATES						
17:00-17:30	SF			HIPOPRESSIUS				
17:30-18:15	1			PILATES				
17:45-18:30	2	TONO 45'						
18.00-18.55	1					IOGA INTEGRAL		
18.00-18.55	2		CARDIOTONO	GAC	STEP BÀSIC	BS DANCE		
18:15-19:00	SF			XT29 CIRCUIT				
18.30-19.25	1	IOGA INTEGRAL	PILATES TOOLS	BS IOGA	PILATES			
18.30-19.25	2	FULL BODY						
19:00-19:45	P					AQUA TONO		
19.00-19.55	2		STEP BASIC		BS DANCE			
19:00-19:30	2			TONO 30'				
19:00-19:30	O				RUNNING			
19:00-19:45	SP	XT29	XT29 WARRIOR	XT29	XT29 WARRIOR			
19:15-20:00	3	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
19:30-20:00	SF	STRECHING		STRECHING				
19.30-20.15	P	AQUA GYM		AQUA GYM				
19.30-20.25	1	PILATES	ESQUENA SANA		CLASIC BALANCE			
19.30-20.25	2	GAC		ZUMBA				
20:00-20:45	2		BODY COMBAT		BODYPUMP			
20:00-20:45	SP	XT29	XT 29	XT29	XT29			
20:15-21:00	3	CYCLING	CYCLING	CYCLING	CYCLING			
20:30-21:25	2	ZUMBA		BODYPUMP				