

		<b>l</b>	<b>m</b>	<b>x</b>	<b>j</b>	<b>v</b>	<b>s</b>	<b>d</b>
07:00 - 07:45	Sala Cycling	Cycling virtual		Cycling virtual		Cycling virtual		
	Sala 2		Tono Virtual		Tono Virtual			
	Piscina coberta	Aquagym			Aquagym			
08:00 - 08:45	Sala Cycling		Cycling virtual		Cycling virtual			
	Sala 2			Tono Virtual		Tono Virtual		
08:00 - 09:30	Sala 1					loga lyengar		
08:45 - 09:30	Piscina coberta				Aquagym			
09:15 - 10:00	Piscina coberta	Aquagym						
09:15 - 10:10	Sala 1		Cardio tono		Cardio tono			
09:30 - 10:25	Sala 1	Gym Suave		Gym Suave				
	Sala Cycling						Cycling virtual	
09:30 - 10:30	Sala 2					Pilates		
10:00 - 10:55	Sala 2							Tono Virtual
	Sede social				Kundalini Yoga			
10:30 - 11:25	Sala 1	Pilates	Gym Suave		Gym Suave			
	Sala Cycling							Cycling virtual
	Sala 2						Tono Virtual	
13:45 - 14:30	Sede social	Kundalini Yoga						
	Sala 2	Cross Training		Cross Training				Tono Virtual
14:00 - 14:45	Sala 2					Body Pump		
14:15 - 14:45	Sala 2		Exprés GAP					
14:15 - 15:00	Sala Cycling			Cycling virtual				
15:15 - 16:00	Sala 2		Tono Virtual					
15:15 - 16:15	Sala 2	Step Virtual		Tono Virtual				
	Sala 1				Pilates			
17:30 - 18:15	Sala Cycling	Cycling virtual						
18:00 - 18:30	Sala 2				Hiit			
18:00 - 18:45	Sala Cycling					Cycling virtual	Cycling virtual	Cycling virtual
18:00 - 18:55	Sala 1		Cardio tono					
18:30 - 19:25	Sala 1	Pilates		Pilates	Zumba			
	Sala 2			Body Pump				
19:00 - 19:45	Piscina coberta	Aquagym			Aquagym			
	Sala Cycling		Cycling virtual					
	Sala 2					Tono Virtual		
19:00 - 19:55	Sala 1		Iniciació ioga lyengar					
19:30 - 20:15	Sala 2	Body Pump						
	Sala Cycling			Cycling				

19:30 - 20:25	Sala 1	Pilates		Pilates				
	Sala 2				Tonificación			
19:30 - 21:00	Sala 1				loga lyengar			
	Sala 2		Cross Training	Tono Virtual				
20:00 - 20:45	Sala Cycling	Cycling virtual				Cycling virtual		
	Sala 1		loga lyengar					
20:35 - 21:20	Sala 2				Cross Training			