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PROGRAMA D'ACTIVITATS DIRIGIDES JULIOL

DIA		DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DIA	
SALA		DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	SALA	
9:00	9:30											9:00	9:30
9:30	10:00	TONO		PILATES	SPINNING VIRTUAL	GAC		SUSPENSIO		ESQUENA SANA		9:30	10:00
10:00	10:30												
10:30	11:00	PILATES		ESQUENA SANA		SPINNING		BODY ART	SPINNING VIRTUAL	TONO		10:30	11:00
11:00	11:30												
11:30	12:00											11:30	12:00
12:00	12:30											12:00	12:30
12:30	13:00											12:30	13:00
13:00	13:30											13:00	13:30
13:30	14:00											13:30	14:00
14:00	14:30	TONO	SPINNING VIRTUAL		SPINNING	GAC	SPINNING VIRTUAL	B. PUMP		ESQUENA SANA	SPINNING VIRTUAL	14:00	14:30
14:30	15:00												
15:00	15:30											15:00	15:30
15:30	16:00											15:30	16:00
16:00	16:30	B. PUMP		Z-DANCE	SPINNING VIRTUAL	SUSPENSIO			SPINNING	TONO		16:00	16:30
16:30	17:00												
17:00	17:30	PILATES		HIIT	BODY ART	TONO		GAC		ESTIRAMENTS		17:00	17:30
17:30	18:00												
18:00	18:30	SUSPENSIO	IOGA VINYASA	HIPOS		COMBAT	SPINNING VIRTUAL	TONO	IOGA VIN TO YIN	B. PUMP		18:00	18:30
18:30	19:00							B. PUMP			IOGA HATHA	HIPOS	
19:00	19:30	Z-DANCE	SPINNING			GAC		BODY ART		Z-DANCE	SPINNING VIRTUAL	19:00	19:30
19:30	20:00								PILATES				
20:00	20:30	PILATES		CROSS TRAINING		ESQUENA SANA		CROSS TRAINING				20:00	20:30
20:30	21:00												
DIA		DIRIGIDES	SPINNING	DIRIGIDES	SALA 2	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIA	
SALA		DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		SALA	