

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
6:00	06:15 - 07:10 Cycling 55' TERRASSA EXTERIOR	06:15 - 07:10 B-Pump SALA 1	06:15 - 07:10 GAC SALA 1	06:15 - 07:00 Tren Superior SALA 1	06:15 - 07:10 Cycling 55' TERRASSA EXTERIOR		
	06:15 - 07:00 CrossTraining Zona Crosshiit	06:15 - 07:00 Metcon Zona Crosshiit	06:15 - 07:00 CrossTraining Zona Crosshiit		06:15 - 07:00 Pilates SALA 1		
					06:15 - 07:00 CrossTraining Zona Crosshiit		
7:00	07:00 - 07:45 AquaGim PISCINA 3	07:30 - 08:15 AquaGim PISCINA 3	07:00 - 08:00 Caminada Esportiva EXTERIOR	07:00 - 07:30 Hipopressius SALA 1			
			07:00 - 07:45 Pilates SALA 1	07:30 - 08:15 AquaGim PISCINA 3			
8:00	08:30 - 09:15 Full Body SALA 1	08:30 - 09:15 Pilates SALA 1	08:00 - 08:30 Sòl Pelvià SALA 1	08:30 - 09:15 Cross Senior Zona Crosshiit	08:30 - 09:15 CORE+Estiraments 45' SALA 2		
			08:30 - 09:15 En Forma SALA 1	08:30 - 09:25 B-Pump SALA 1	08:30 - 09:15 Tren Superior SALA 1		
			08:30 - 09:00 Hipopressius SALA 2				
9:00	09:30 - 10:25 GAC SALA 1	09:30 - 10:15 Cycling 45' TERRASSA EXTERIOR	09:30 - 10:15 Circuit Training EXTERIOR	09:30 - 10:15 Cycling 45' TERRASSA EXTERIOR	09:30 - 10:15 Full Body SALA 1	09:00 - 09:55 B-Pump SALA 1	
	09:30 - 10:15 C.Postural SALA 2	09:30 - 10:00 Sòl Pelvià SALA 2	09:30 - 10:15 Pilates SALA 1	09:30 - 10:15 Metcon Zona Crosshiit	09:30 - 10:25 CrossTraining Zona Crosshiit		
	09:30 - 10:25 CrossTraining Zona Crosshiit	09:30 - 10:15 AeroDance SALA 1	09:30 - 10:25 CrossTraining Zona Crosshiit		09:30 - 10:15 Ioga SALA 2		
10:00	10:30 - 11:15 Tabata Hiit SALA 1	10:30 - 11:15 Cross Senior Zona Crosshiit	10:30 - 11:25 B-Pump SALA 1	10:30 - 11:15 Tren Superior SALA 1	10:30 - 11:15 C.Postural SALA 1	10:30 - 11:15 Metcon Zona Crosshiit	10:30 - 11:15 Circuit Training SALA 1
	10:30 - 11:00 Hipopressius SALA 2	10:30 - 11:25 GAC SALA 1	10:30 - 11:15 Cycling 45' TERRASSA EXTERIOR		10:30 - 11:15 Ioga SALA 2		
11:00	11:15 - 12:00 Post Part SALA 2	11:00 - 11:45 AquaGim PISCINA 3	11:15 - 12:00 Post Part SALA 2	11:30 - 12:15 C. Postural Sènior SALA 1	11:30 - 12:15 En Forma Sènior SALA 1	11:30 - 12:25 GAC SALA 1	
	11:30 - 12:15 full body senior SALA 1		11:30 - 12:15 GAC Senior SALA 1				
12:00	12:00 - 12:45 AquaGim PISCINA 3	12:00 - 12:45 AquaGim PISCINA 3	12:00 - 12:45 AquaGim PISCINA 3	12:15 - 13:00 AquaGim PISCINA 3	12:00 - 12:45 AquaGim PISCINA 3	12:30 - 13:15 CORE+Estiraments 45' SALA 1	
			12:15 - 13:00 Pre Part SALA 2				
13:00	13:00 - 13:45 AquaGim PISCINA 3	13:30 - 14:15 Circuit Training SALA 1	13:00 - 13:45 AquaGim PISCINA 3	13:30 - 14:25 B-Pump SALA 1	13:00 - 13:45 AquaGim PISCINA 3		
	13:30 - 14:15 Full Body SALA 1		13:30 - 14:25 Cycling 55' TERRASSA EXTERIOR		13:30 - 14:25 GAC SALA 1		
	13:30 - 14:25 Ioga SALA 2		13:30 - 14:25 CrossTraining Zona Crosshiit				
14:00	14:30 - 15:00 Sòl Pelvià SALA 1						
15:00	15:00 - 15:45 AquaGim PISCINA 3	15:00 - 15:45 AquaGim PISCINA 3	15:30 - 16:15 Tabata Hiit SALA 1	15:00 - 15:30 Sòl Pelvià SALA 2	15:00 - 15:45 AquaGim PISCINA 3		
	15:15 - 16:00 Ioga SALA 2	15:30 - 16:25 GAC SALA 1		15:30 - 16:25 B-Pump SALA 1	15:30 - 16:15 Metcon Zona Crosshiit		
	15:30 - 16:15 En Forma SALA 1			15:45 - 16:30 Pilates SALA 2			
16:00	16:30 - 17:15 Post Part SALA 2		16:00 - 16:45 AquaGim PISCINA 3	16:00 - 16:45 AquaGim PISCINA 3	16:30 - 17:15 CORE+Estiraments 45' SALA 1		
	16:30 - 17:15 Metcon Zona Crosshiit		16:30 - 17:15 Full Body SALA 1	16:30 - 17:25 GAC SALA 1			
17:00	17:30 - 18:15 Cycling 45' TERRASSA EXTERIOR	17:15 - 18:15 Abonament esquena SALA 2	17:30 - 18:15 Metcon Zona Crosshiit	17:30 - 18:00 Sòl Pelvià SALA 2	17:30 - 18:15 Cycling 45' TERRASSA EXTERIOR		
	17:30 - 18:15 Tren Superior SALA 1	17:30 - 18:25 CrossTraining Zona Crosshiit	17:30 - 18:25 GAC SALA 1	17:30 - 18:25 CrossTraining Zona Crosshiit	17:30 - 18:25 GAC SALA 1		
	17:45 - 18:15 Hipopressius SALA 2	17:30 - 18:25 B-Pump SALA 1	17:30 - 18:15 Pilates SALA 2	17:30 - 18:15 Tabata Hiit SALA 1			
18:00	18:30 - 19:15 C.Postural SALA 2	18:30 - 19:15 AeroDance SALA 1	18:30 - 19:15 CORE+Estiraments 45' SALA 2	18:15 - 19:00 Pre Part SALA 2	18:30 - 19:15 AeroDance SALA 1		
	18:30 - 19:15 Tabata Hiit SALA 1	18:30 - 19:15 Metcon Zona Crosshiit	18:30 - 19:15 Cycling 45' TERRASSA EXTERIOR	18:30 - 19:25 B-Pump SALA 1			
	18:30 - 19:15 Circuit Training EXTERIOR	18:30 - 19:25 GAC SALA 2	18:30 - 19:15 Tren Superior SALA 1	18:30 - 19:25 Running Iniciació EXTERIOR			
19:00	19:30 - 20:25 GAC SALA 1	19:30 - 20:15 CORE+Estiraments 45' SALA 2	19:00 - 21:00 Trià Formació EXTERIOR	19:00 - 21:00 Trià Formació EXTERIOR	19:00 - 21:00 Trià Formació EXTERIOR		
		19:30 - 20:15 Full Body SALA 1	19:30 - 20:15 Ioga SALA 2	19:30 - 20:15 En Forma SALA 1	19:30 - 20:15 Full Body SALA 1		
		19:45 - 21:00 Running Team EXTERIOR	19:30 - 20:25 B-Pump SALA 1	19:30 - 20:15 Cycling 45' TERRASSA EXTERIOR			
20:00	20:00 - 22:00 Trià Formació EXTERIOR	20:00 - 22:00 Trià Formació EXTERIOR	20:15 - 21:10 CrossTraining Zona Crosshiit	20:30 - 21:15 Pilates SALA 1	20:15 - 21:10 CrossTraining Zona Crosshiit		
	20:15 - 21:10 CrossTraining Zona Crosshiit	20:30 - 21:15 C.Postural SALA 1	20:45 - 21:30 Ioga SALA 2	20:30 - 21:15 AquaGim PISCINA 3			
	20:30 - 21:25 B-Pump SALA 1						