

HORARI SETEMBRE

HORA		DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:15	50'		CROSS TRAIN'IN		IOGA		
8:30	50'		IOGA		BARRET'IN		
9:30	50'	PILATES	BARRET'IN	TONO SALUT	HIPO / PILATES	TONO SALUT	IOGA
10:30	50'	AQUAGYM	AQUAXTREM	AQUAGYM	AQUAXTREM	AQUAGYM	SPINN'IN
		DANCE'IN	PILATES	IOGA	DANCE'IN	YIN IOGA	
11:30	50'	GAC	HIPOPRESSIUS		GYM SUAU		BOMPA
12:00	50'			MAMIFLOW 		MAMIFLOW 	
14:00	50'			CROSS TRAIN'IN			
14:30	50'		HYBRID		HYBRID		
17:10	50'	CROSS TRAIN'IN		GAC			
18:00	50'	AQUAGYM	BOMPA	HYBRID	DANCE'IN	IOGA	
		STEP	CROSS TRAIN'IN	PILATES		HYBRID	
19:00	50'	IOGA	BOX'IN	AQUAXTREM	SPINN'IN	AQUAGYM	
		HYBRID	SPINN'IN	BOMPA	BARRET'IN	MMA 	
20:00	50'	BOMPA	GAC	SPINN'IN	PILATES		

 AQUÀTIQUES  COS/MENT  TONIFICACIÓ  ALTA INTENSITAT  CARDIO  ABDOMINALS  NO INCLOSES A LA QUOTA