

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
MATÍ					
08:30-09:15 GAC Cris	08:30-09:15 FUNCIONAL TRAINING Cris	08:30-09:15 IOGUILATES Cris	08:30-09:15 SPINNING Cris	08:30-09:15 HIIT / STEP Cris	10:00-10:45 SPINNING Eric
09:15-10:00 PILATES Cris	09:15-10:00 SPINNING Cris	09:15-10:00 HIIT 45' Cris	09:15-10:00 FUNCIONAL TRAINING Cris	09:15-10:00 PILATES Cris	11:00-12:00 ZUMBA / BARRE Berta
	10:00-10:45 IOGA Cris		10:00-10:45 BARRE Cris		
TARDA					
17:45-18:30 SPINNING Manolo	17:45-18:30 FUNCIONAL TRAINING Mel	15:15-16:00 IOGA Mel	18:00-18:45 FUNCIONAL TRAINING Katia	18:00-18:45 SPINNING Gerard	
18:35-19:20 BARRE Berta	18:35-19:20 SPINNING Mel	18:35-19:20 GAC Mel	18:45-19:15 HIIT 30' Katia	18:45-19:15 PILATES Gerard	
19:20-20:05 ZUMBA Berta	19:20-20:05 IOGA Mel	19:20-19:50 HIIT 30' Mel	19:15-20:15 IOGA Katia		
20:05-20:50 IOGA Berta		19:50-20:35 SPINNING Manolo	20:15-21:00 ZUMBA Berta		