

		Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07:00 - 07:50	S1		BODY PUMP		BODY COMBAT	BODY PUMP		
08:10 - 09:00	S1	DUET CAMP		BODY PUMP		GAC		
08:15 - 09:30	S1						IOGA	
09:30 - 10:20	S1	ZUMBA	GAC	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP	DUET CAMP
10:30 - 11:20	S1	BODY BALANCE	PILATES	ESQUENA SANA	SALSA	BODY PUMP	ZUMBA	ZUMBA
11:30 - 12:20	S1					IOGA	DUET CAMP	ESTIRAMENTS
14:30 - 15:20	S1	BODY PUMP		BODY PUMP	GAC			
15:30 - 16:20	S1	DUET CAMP	PILATES	CARDIO HIIT	PILATES	DUET CAMP		
17:30 - 18:20	S1	GAC	CARDIO HIIT	BODY PUMP	ZUMBA	BODY PUMP	BODY PUMP	
18:30 - 19:20	S1	BODY PUMP	ZUMBA	BODY COMBAT	DUET CAMP	ZUMBA		
19:30 - 20:20	S1	BODY COMBAT	BODY PUMP	ZUMBA	BODY PUMP	CARDIO HIIT		
20:30 - 21:00	S1		DUET CAMP 30'					
20:30 - 21:20	S1	ZUMBA		BODY PUMP	BODY COMBAT			
21:30 - 22:20	S1			DUET BOXING				