



Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	Espai	Inici	Final
<b>M A T I</b>												
07:00	07:15	XPRESS	ABD 15	FREE FIT 20	ABD 15	FREE FIT 20	ABD 15			XPRESS	07:00	07:15
07:00	08:00	SCY		CYCLING VIRTUAL		CYCLING VIRTUAL				SCY	07:00	08:00
07:00	08:00	S1		BODY PUMP		BODY PUMP				S1	07:00	08:00
07:00	07:45	SCY								SCY	07:00	07:45
07:15	08:00	SCY	CYCLING		CYCLING		CYCLING			SCY	07:15	08:00
07:15	08:15	S1			PILATES 40'					S1	07:15	08:15
07:15	08:15	SALA 40	YOGA 40'							SALA 40	07:15	08:15
08:00	08:45	SALA 1								S1	08:00	08:45
08:00	09:00	S2								S2	08:00	09:00
08:00	08:45	SCY								SCY	08:00	08:45
08:00	09:00	S1			BODY COMBAT					S1	08:00	09:00
08:00	09:00	SCY			CYCLING VIRTUAL		CYCLING VIRTUAL			SCY	08:00	09:00
08:00	09:00	S1	BODY PUMP							S1	08:00	09:00
08:15	08:30	XPRESS	ABD 15	DUET SUSPENSIO TR 15	RADIKAL 20	ABD 15	DUET SUSPENSIO TR 15			XPRESS	08:15	08:30
08:15	09:15	S2	PILATES							S2	08:15	09:15
08:15	09:00	SCY		CYCLING		CYCLING				SCY	08:15	09:00
08:15	09:00	S1	GAP				GAP			S1	08:15	09:00
08:15	09:15	SCY	CYCLING VIRTUAL							SCY	08:15	09:15
09:00	10:00	SALA 40		YOGA 40'						SALA 40	09:00	10:00
09:00	10:00	SCY		CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		SCY	09:00	10:00
09:15	09:20	XPRESS	RADIKAL 20	ABD 15	ABD 15	DUET SUSPENSIO TR 15	RADIKAL 20	ABD 15	ABD 15	XPRESS	09:15	09:20
09:15	10:15	SCY	CYCLING VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL	SCY	09:15	10:15
09:30	10:30	SALA 40				PILATES 40'				SALA 40	09:30	10:30
09:30	10:30	S1		BODY COMBAT						S1	09:30	10:30
09:45	10:45	S1	ZUMBA				BODY PUMP			S1	09:45	10:45
09:45	10:45	SALA 40			YOGA 40'					SALA 40	09:45	10:45
09:45	10:45	SALA 40								SALA 40	09:45	10:45
10:30	11:15	S1								S1	10:30	11:15
10:30	11:00	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			SCY	10:30	11:00
10:30	11:00	S1			BODY PUMP					S1	10:30	11:00
10:30	11:00	SALA 40						YOGA 40'		SALA 40	10:30	11:00
10:15	10:30	XPRESS					RADIKAL 20	RADIKAL 20		XPRESS	10:15	10:30
10:15	11:15	S1					BODY PUMP			S1	10:15	11:15
10:15	11:15	SCY	CYCLING VIRTUAL					CYCLING VIRTUAL		SCY	10:15	11:15
10:30	11:30	S1				BODY COMBAT				S1	10:30	11:30
10:30	11:30	S2		PILATES						S2	10:30	11:30
10:45	11:45	S1	BODY PUMP							S1	10:45	11:45
11:00	12:00	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			SCY	11:00	12:00
11:00	12:00	SALA 40						YOGA 40'		SALA 40	11:00	12:00
11:15	11:30	XPRESS	FREE FIT 20	RADIKAL 20	ABD 15	RADIKAL	DUET SUSPENSIO TR 15	DUET SUSPENSIO TR 15	DUET SUSPENSIO TR 15	XPRESS	11:15	11:30
11:30	12:15	SCY						CYCLING		SCY	11:30	12:15
11:15	12:15	SCY	CYCLING VIRTUAL					CYCLING VIRTUAL		SCY	11:15	12:15
11:15	12:15	SALA 40								SALA 40	11:15	12:15
11:30	11:45	XPRESS								XPRESS	11:30	11:45
12:00	13:00	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			SCY	12:00	13:00
12:15	12:30	XPRESS	FREE FIT 20	ABD 15	ABD 15	FREE FIT 20	ABD 15	RADIKAL 20	RADIKAL 20	XPRESS	12:15	12:30
<b>M I G D I A</b>												
12:15	13:15	SCY	CYCLING VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL	SCY	12:15	13:15
13:00	14:00	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			SCY	13:00	14:00
13:15	13:30	XPRESS	RADIKAL 20	ABD 15	DUET SUSPENSIO TR 15	RADIKAL 20	FREE FIT 20			XPRESS	13:15	14:15
13:15	14:15	SCY						CYCLING VIRTUAL	CYCLING VIRTUAL	SCY	13:15	14:15
13:45	14:30	S2	CYCLING VIRTUAL		BODY COMBAT	PILATES				S2	13:45	14:30
13:45	14:30	S1		BODY PUMP						S1	13:45	14:30
14:00	14:20	XPRESS	RADIKAL 20	RADIKAL 20	FREE FIT 20	FREE FIT 20	RADIKAL 20			XPRESS	14:00	14:20
14:00	14:30	SALA 40					CORE 40'			SALA 40	14:00	14:30
14:00	14:25	S1		STEP	CTC					S1	14:00	14:25
14:00	14:30	S2	BODY ATTACK							S2	14:00	14:30
14:00	15:00	SALA 40	YOGA 40'							SALA 40	14:00	15:00
14:15	14:45	SALA 40			CORE 40'					SALA 40	14:15	14:45
14:15	15:00	SCY			CYCLING					SCY	14:15	15:00
14:15	15:00	S1			BODY PUMP		ZUMBA			S1	14:15	15:00
14:15	15:00	S2								S2	14:15	15:00
14:15	15:15	SALA 40	YOGA 40'							SALA 40	14:15	15:00
14:15	15:15	EXT			RUNNERS					EXT	14:15	15:15
14:15	15:15	SCY						CYCLING VIRTUAL		SCY	14:15	15:15
14:30	14:45	XPRESS	RADIKAL 20	DUET SUSPENSIO TR 15	RADIKAL 20	ABD 15	RADIKAL 20			XPRESS	14:30	14:45
14:30	15:15	SCY	CYCLING				CYCLING			SCY	14:30	15:15
14:30	15:15	S1					BODY PUMP			S1	14:30	15:15
14:30	15:15	S2			GAP	GLAM DANCE	PILATES			S2	14:30	15:15
14:45	15:30	SALA 40					YOGA 40'			SALA 40	14:45	15:30
14:45	15:45	SALA 40					YOGA 40'			SALA 40	14:45	15:45
14:45	15:30	S1	BODY COMBAT	BODY PUMP	BODY PUMP	BODY PUMP				S1	14:45	15:30
14:45	15:30	XPRESS	ABD 15	ABD 20	ABD 15	RADIKAL 20	ABD 15			XPRESS	14:45	15:30
15:00	15:45	S1				CTC				S1	15:00	15:45
15:00	15:45	SALA 40				PILATES 40'				SALA 40	15:00	15:45
15:00	15:45	S2					PILATES			S2	15:00	15:45
15:15	16:00	S2		PILATES		GAP	BODY COMBAT			S2	15:15	16:00
15:15	16:00	SALA 40		PILATES 40'						SALA 40	15:15	16:00
15:15	16:15	SCY			CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	SCY	15:15	16:15
15:30	16:30	SCY	CYCLING VIRTUAL	CYCLING VIRTUAL						SCY	15:30	16:30
16:00	17:00	SCY					CYCLING VIRTUAL			SCY	16:00	17:00
16:15	17:15	XPRESS						RADIKAL 20		XPRESS	16:15	17:15
16:15	17:15	SCY						CYCLING VIRTUAL		SCY	16:15	17:15
16:30	17:30	SCY	CYCLING VIRTUAL	CYCLING VIRTUAL						SCY	16:30	17:30
<b>T A R D A</b>												
17:00	18:00	SCY					CYCLING VIRTUAL			SCY	17:00	18:00
17:15	17:30	XPRESS						ABD 15		XPRESS	17:15	17:30
17:15	18:15	SCY			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		SCY	17:15	18:15
17:30	18:15	S1		BODY PUMP		BODY PUMP				S1	17:30	18:15
17:30	18:15	S2		GAP						S2	17:30	18:15
17:45	18:30	S2		BODY COMBAT						S2	17:45	18:30
18:00	18:15	XPRESS	FREE FIT 20	ABD	ABD	FREE FIT 20	DUET SUSPENSIO TR 15			XPRESS	18:00	18:15
18:00	18:45	S1				BODY PUMP				S1	18:00	18:45
18:00	18:45	SCY								SCY	18:00	18:45
18:00	19:00	SCY					CYCLING VIRTUAL			SCY	18:00	19:00
18:15	18:30	XPRESS						RADIKAL 20		XPRESS	18:15	18:30
18:15	19:00	S2	GLAM DANCE				BODY COMBAT			S2	18:15	19:00
18:15	19:00	SALA 40				PILATES 40'				SALA 40	18:15	18:45
18:15	19:00	S1	BODY COMBAT	GAP	CTC					S1	18:15	19:00
18:15	19:15	SCY				CYCLING VIRTUAL		CYCLING VIRTUAL		SCY	18:15	19:15
18:30	19:15	SALA 40	CORE							SALA 40	18:30	19:15
18:30	19:15	SCY			CYCLING					SCY	18:30	19:15
18:30	19:15	S2		PILATES	BODY COMBAT					S2	18:30	19:15
18:30	19:30	SALA 40		YOGA 40'						SALA 40	18:30	19:30
18:30	19:15	S1					GAP			S1	18:30	19:15
18:45	19:30	S1					CTC			S1	18:45	19:30
18:45	19:30	SCY			CYCLING					SCY	18:45	19:30
18:45	19:30	S2				ZUMBA				S2	18:45	19:30
19:00	19:15	XPRESS	ABD 15	RADIKAL 20	ZUMBA	DUET SUSPENSIO TR 20	ABD 15			XPRESS	19:00	