

	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
07:00	AIGUAGIM 30' 07:15 - 07:45	ESTIRAMIEN TOS HOLISTICOS	AIGUAGIM 30' 07:15 - 07:45	AIGUAGIM 30' 07:15 - 07:45		
	PILATES 07:15 - 08:05	HIP-HOP 07:15 - 07:45 08:00		BODY COMBAT		
08:00	PILATES 07:15 - 08:05	HIP-HOP 07:15 - 08:00	HIP-HOP 08:00 - 08:00	BODY COMBAT	PILATES 30' 08:00 - 08:30	CYCLING 08:00 - 09:00
	DS TRAININ G	TRAININ G 30' 08:00 -	AGUA CTC 08:00 - 08:45	SALSA 08:00 - 08:30	AGUA CTC 08:00 - 08:45	
	AGUA CTC 08:00 - 08:45	AGUA CTC 08:00 - 08:45	CYCLING 08:00 - 09:00	AGUA CTC 08:00 - 08:45	CYCLING 08:00 - 09:00	
	CYCLING 08:00 - 09:00	CYCLING 08:00 - 09:00		CYCLING 08:00 - 09:00	ROCK N'ROLL 08:35 - 08:50	
	HIP-HOP 08:30 - 09:00	ROCK N'ROLL 08:35 - 08:50		ESQUENA SANA 30' 08:15 - 09:00		
09:00	CYCLING 08:00 - 09:00	CYCLING 08:00 - 09:00	CYCLING 08:00 - 09:00	CYCLING 08:00 - 09:00	CYCLING 08:00 - 09:00	CYCLING 08:00 - 09:00
	HIP-HOP 08:30 - 09:00	DS TRAININ G	AGUA SALUD 09:00 - 09:45	ESQUENA SANA 30' 08:15 - 09:00	DS TRAININ G	CYCLING 09:15 - 10:15
	AGUA CTC 09:00 - 09:45	AGUA CTC 09:00 - 09:45	GYM D'OR 09:00 - 09:50	DS TRAININ G	AGUA CTC 09:00 - 09:45	
	GYM D'OR.CTC 09:00 - 09:50	GYM D'OR.RITME S	BODY COMBAT	AGUA CTC 09:00 - 09:45	CTC 09:00 - 09:50	
	HIP-HOP 09:15 - 10:05	PILATES 09:10 - 09:45	CYCLING 09:15 - 10:15	ESQUENA SANA 09:00 - 09:50	GYM D'OR.PILATES	
	CYCLING 09:15 - 10:15	CYCLING 09:15 - 10:15	ROCK N'ROLL 09:50 - 10:05	LET'S GO 09:10 - 09:45	CYCLING 09:15 - 10:15	
		ROCK N'ROLL 09:50 - 10:05		CYCLING 09:15 - 10:15		
10:00	HIP-HOP 09:15 - 10:05	CYCLING 09:15 - 10:15	CYCLING 09:15 - 10:15	CYCLING 09:15 - 10:15	GYM D'OR.PILATES 09:15 - 10:05	CYCLING 09:15 - 10:15
	CYCLING 09:15 - 10:15	ROCK N'ROLL 09:50 - 10:05	ROCK N'ROLL 09:50 - 10:05	ROCK N'ROLL 09:50 - 10:05	CYCLING 09:15 - 10:15	HIP-HOP 10:00 - 10:30
	CIRCUIT FITNESS 10:00 - 10:30	CIRCUIT FITNESS 10:00 - 10:30	HIP-HOP 10:15 - 11:05			
	AGUA CTC 10:00 - 10:45	AGUA CTC 10:00 - 10:45	CYCLING 10:30 - 11:30			
	IOGA 10:00 - 10:50	ESQUENA SANA 10:00 - 10:50	TONIFICACI Ó 10:00 - 10:50	CTC 10:00 - 10:50	LET'S GO 10:00 - 10:50	ROCK N'ROLL 10:35 - 10:50
	LET'S GO 10:00 - 10:50	LET'S GO 10:15 - 11:05	IOGA 10:00 - 10:50	STEP 10:15 - 11:05	TRAININ G 10:15 -	
	TRAININ G	WALKIN G	HIP-HOP 10:15 -	CYCLING 10:30 - 11:30	CYCLING 10:30 - 11:30	

	CYCLING 10:30 - 11:30	CYCLING 10:30 - 11:30	CYCLING 10:30 - 11:30			
			DS TRAININ G			
11:00	TRAININ G 10:15 -	LET'S GO 10:15 - 11:05	HIP-HOP 10:15 - 11:05	STEP 10:15 - 11:05	TRAININ G 10:15 -	HIP-HOP 10:15 - 11:05
	CYCLING 10:30 - 11:30	WALKIN G 10:30 -	CYCLING 10:30 - 11:30	CYCLING 10:30 - 11:30	CYCLING 10:30 - 11:30	CYCLING 10:30 - 11:30
	AGUA CTC 11:00 - 11:45	CYCLING 10:30 - 11:30	DS TRAININ G	AGUA CTC 11:00 - 11:45	AGUA SALUD 11:00 - 11:45	DANCE 11:00 - 11:50
	ESQUENA SANA 11:00 - 11:50	AGUA CTC 11:00 - 11:45	AGUA CTC 11:00 - 11:45	QIGONG 11:00 - 11:50	ESQUENA SANA 11:00 - 11:50	ABDOMINAL ES 15' SF 11:15 - 11:30
	ESQUENA SANA 11:00 - 11:50	ESTIRAMIEN TOS HOLISTICOS 11:00 - 11:50	ESQUENA SANA 11:00 - 11:50	PILATES 11:00 - 11:50	ESTIRAMIEN TOS HOLISTICOS 11:00 - 11:50	WALKIN G 30' 11:30 - 12:00
	ABDOMINAL ES 15' SF 11:15 - 11:30	ABDOMINAL ES 15' SF 11:15 - 11:30	ESQUENA SANA 11:00 - 11:50	ABDOMINAL ES 15' SF 11:15 - 11:30	ABDOMINAL ES 15' SF 11:15 - 11:30	CYCLING 11:45 - 12:45
	PILATES 11:15 - 12:05	DS TRAININ G	ABDOMINAL ES 15' SF 11:15 - 11:30	TONIFICACI Ó 11:15 - 12:05	PILATES 11:15 - 12:05	
	RADIKAL /FUNCIO NAL	CYCLING 11:45 - 12:45	LET'S GO 11:15 - 12:05	DS TRAININ G	WALKIN G 30' 11:30 -	
	CYCLING 11:45 - 12:45		RADIKAL /FUNCIO NAL	CYCLING 11:45 - 12:45	CYCLING 11:45 - 12:45	
			CYCLING 11:45 - 12:45			
12:00	PILATES 11:15 - 12:05	DS TRAININ G 11:30 -	LET'S GO 11:15 - 12:05	TONIFICACI Ó 11:15 - 12:05	PILATES 11:15 - 12:05	WALKIN G 30' 11:30 - 12:00
	RADIKAL /FUNCIO NAL	CYCLING 11:45 - 12:45	RADIKAL /FUNCIO NAL	DS TRAININ G	WALKIN G 30' 11:30 -	CYCLING 11:45 - 12:45
	CYCLING 11:45 - 12:45	LET'S GO 12:00 - 12:50	CYCLING 11:45 - 12:45	CYCLING 11:45 - 12:45	CYCLING 11:45 - 12:45	RADIKAL /FUNCIO NAL 12:00 - 12:30
	WALKIN G 30' 12:00 -		IOGA 12:05 - 12:55	AGUA CTC 12:00 - 12:45	RADIKAL /FUNCIO NAL	ESQUENA SANA 12:00 - 12:50
	TAI-TXÍ 12:00 - 12:50		ROCK N'ROLL 12:10 - 12:25	TAI-TXÍ 12:00 - 12:50	TAI-TXÍ 12:00 - 12:50	AGUA CTC 12:30 - 13:15
	IOGA 12:05 - 12:55			TAI-TXÍ 12:00 - 12:50	ROCK N'ROLL 12:10 - 12:25	
				ESQUENA SANA 12:05 - 12:55		
				ROCK N'ROLL 12:10 - 12:25		
13:00	CYCLING 13:00 - 14:00	CYCLING 13:00 - 14:00	CYCLING 13:00 - 14:00	CYCLING 13:00 - 14:00	CYCLING 13:00 - 14:00	AGUA CTC 12:30 - 13:15
	ABDOMINAL ES 15' SF 13:30 - 13:45	ABDOMINAL ES 15' SF 13:30 - 13:45	ABDOMINAL ES 15' SF 13:30 - 13:45	ABDOMINAL ES 15' SF 13:30 - 13:45	ABDOMINAL ES 15' SF 13:30 - 13:45	CYCLING 13:00 - 14:00

	RADIKAL /FUNCIONAL	DS TRAINING	TRAINING 30'	RADIKAL /FUNCIONAL	DS TRAINING	ABDOMINALES 15' SF
	LET'S GO	HIP-HOP		SALSA	TONIFICACIÓN	RADIKAL /FUNCIONAL
	13:45 - 14:30	13:45 - 14:15	13:45 - 14:15	13:45 - 14:15	13:45 - 14:30	13:45 - 14:15
14:00	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING
	13:00 - 14:00	13:00 - 14:00	13:00 - 14:00	13:00 - 14:00	13:00 - 14:00	13:00 - 14:00
	RADIKAL /FUNCIONAL	DS TRAINING	TRAINING 30'	RADIKAL /FUNCIONAL	DS TRAINING	RADIKAL /FUNCIONAL
	13:45 - 14:15	13:45 - 14:15	13:45 - 14:15	13:45 - 14:15	13:45 - 14:15	13:45 - 14:15
	LET'S GO	HIP-HOP	BODY COMBAT	SALSA	TONIFICACIÓN	CYCLING
	13:45 - 14:30	13:45 - 14:15	13:45 - 14:15	13:45 - 14:15	13:45 - 14:30	14:15 - 15:15
	CYCLING	HIP-HOP	CYCLING	LET'S GO	CYCLING	
	14:15 - 15:15	14:15 - 15:05	14:15 - 15:15	14:15 - 15:05	14:15 - 15:15	
	HIP-HOP	CYCLING		CYCLING	ESQUENA SANA 30'	
	14:30 - 15:00	14:15 - 15:15		14:15 - 15:15	14:30 - 15:00	
15:00	CYCLING	HIP-HOP	BODY COMBAT	LET'S GO	CYCLING	CYCLING
	14:15 - 15:15	14:15 - 15:05	14:15 - 15:15	14:15 - 15:05	14:15 - 15:15	14:15 - 15:15
	HIP-HOP	CYCLING	CYCLING	CYCLING	ESQUENA SANA 30'	CYCLING
	14:30 - 15:00	14:15 - 15:15	14:15 - 15:15	14:15 - 15:15	14:30 - 15:00	15:30 - 16:30
	HIP-HOP	AGUA CTC	ROCK N'ROLL	AGUA CTC	AGUA CTC	
	15:30 - 16:00	15:00 - 15:45	15:05 - 15:20	15:00 - 15:45	15:00 - 15:45	
	AGUA CTC	SALSA	PILATES 30'	ROCK N'ROLL	ROCK N'ROLL	
	15:30 - 16:15	15:30 - 16:00	15:30 - 16:00	15:05 - 15:20	15:05 - 15:20	
	CYCLING	CYCLING	AGUA CTC	HIP-HOP	CYCLING	
	15:30 - 16:30	15:30 - 16:30	15:30 - 16:15	15:30 - 16:00	15:30 - 16:30	
			CYCLING	CYCLING		
			15:30 - 16:30	15:30 - 16:30		
16:00	HIP-HOP	SALSA	PILATES 30'	HIP-HOP	CYCLING	CYCLING
	15:30 - 16:00	15:30 - 16:00	15:30 - 16:00	15:30 - 16:00	15:30 - 16:30	15:30 - 16:30
	AGUA CTC	CYCLING	AGUA CTC	CYCLING	PILATES	CYCLING
	15:30 - 16:15	15:30 - 16:30	15:30 - 16:15	15:30 - 16:30	16:00 - 16:50	16:45 - 17:45
	CYCLING	PILATES	CYCLING	LET'S GO	CYCLING	
	15:30 - 16:30	16:00 - 16:50	15:30 - 16:30	16:00 - 16:50	16:45 - 17:45	
	DANCE	CYCLING	CTC	CYCLING		
	16:00 - 16:50	16:45 - 17:45	16:00 - 16:50	16:45 - 17:45		
	AGUA CTC		CYCLING			
	16:30 - 17:15		16:45 - 17:45			
	CYCLING					
	16:45 - 17:45					
17:00	AGUA CTC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING
	16:30 - 17:15	16:45 - 17:45	16:45 - 17:45	16:45 - 17:45	16:45 - 17:45	16:45 - 17:45
	CYCLING	TAI-TXÍ	ESQUENA SANA	TAI-TXÍ	LET'S GO	
	16:45 - 17:45	17:00 - 17:50	17:00 - 17:50	17:00 - 17:50	17:00 - 17:50	
	TONIFICACIÓN	LET'S GO	RADIKAL /FUNCIONAL	CTC	RADIKAL /FUNCIONAL	
	17:00 - 17:50	17:00 - 17:50	17:30 -	17:00 - 17:50	17:30 -	
	ESTIRAMIENTOS					

	TOS HOLISTICOS 17:00 - 17:50					
	RADIKAL /FUNCIONAL					
18:00	RADIKAL /FUNCIONAL	ABDOMINAL ES 15' SF 18:00 - 18:15	RADIKAL /FUNCIONAL	ABDOMINAL ES 15' SF 18:00 - 18:15	RADIKAL /FUNCIONAL	ABDOMINAL ES 15' SF 18:00 - 18:15
	ABDOMINAL ES 15' SF 18:00 - 18:15	JUNIOR 18:00 - 18:50	ABDOMINAL ES 15' SF 18:00 - 18:15	PILATES 18:00 - 18:50	ABDOMINAL ES 15' SF 18:00 - 18:15	CYCLING 18:00 - 19:00
	PILATES 18:00 - 18:50	TAI-TXÍ 18:00 - 18:50	LET'S GO 18:00 - 18:50	QIGONG 18:00 - 18:50	TONIFICACIÓ 18:00 - 18:50	
	JUNIOR 18:00 - 18:50	HIP-HOP 18:00 - 18:50	JUNIOR 18:00 - 18:50	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	
	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	ESTIRAMIENTOS HOLISTICOS 18:00 - 19:00	DS TRAINING	DS TRAINING	
	DS TRAINING	DS TRAINING	CYCLING 18:00 - 19:00	HIP-HOP 18:45 - 19:05		
	ROCK N'ROLL 18:50 - 19:05	ESQUENA SANA 18:15 - 19:05	DS TRAINING	AGUA CTC 18:45 - 19:30		
		AGUA CTC 18:45 - 19:30	ROCK N'ROLL 18:50 - 19:05			
19:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00
	ROCK N'ROLL 18:50 - 19:05	ESQUENA SANA 18:15 - 19:05	ROCK N'ROLL 18:50 - 19:05	HIP-HOP 18:15 - 19:05	AERÒBIC 19:00 - 19:15	CYCLING 19:15 - 20:15
	IOGA 19:00 - 19:50	AGUA CTC 18:45 - 19:30	IOGA 19:00 - 19:50	AGUA CTC 18:45 - 19:30	CYCLING 19:15 - 20:15	
	HIP-HOP 19:00 - 19:50	QIGONG 19:00 - 19:50	ESQUENA SANA 19:00 - 19:50	TAI-TXÍ 19:00 - 19:50	ROCK N'ROLL 19:55 - 20:10	
	STEP BÁSIC 19:15 - 20:05	CTC 19:00 - 19:50	TONIFICACIÓ 19:15 - 20:05	LET'S GO 19:00 - 19:50		
	CYCLING 19:15 - 20:15	DANCE 19:15 - 20:05	CYCLING 19:15 - 20:15	ESQUENA SANA 19:15 - 20:05		
	WALKING 19:30 - 19:50	CYCLING 19:15 - 20:15	RADIKAL /FUNCIONAL	CYCLING 19:15 - 20:15		
	ROCK N'ROLL 19:55 - 20:10	WALKING 19:30 - 19:50	WALKING 19:30 - 19:50	WALKING 19:30 - 19:50		
	ROCK N'ROLL 19:55 - 20:10	ROCK N'ROLL 19:55 - 20:10	ROCK N'ROLL 19:55 - 20:10			
20:00	STEP BÁSIC 19:15 - 20:05	DANCE 19:15 - 20:05	TONIFICACIÓ 19:15 - 20:05	ESQUENA SANA 19:15 - 20:05	CYCLING 19:15 - 20:15	CYCLING 19:15 - 20:15
	CYCLING 19:15 - 20:15	CYCLING 19:15 - 20:15	CYCLING 19:15 - 20:15	CYCLING 19:15 - 20:15	ROCK N'ROLL 19:55 - 20:10	CYCLING 20:30 - 21:30
	WALKING 19:30 - 19:50	WALKING 19:30 - 19:50	RADIKAL /FUNCIONAL	WALKING 19:30 - 19:50	HIP-HOP 20:15 - 21:05	
	ROCK N'ROLL 19:55 - 20:10	ROCK N'ROLL 19:55 - 20:10	WALKING 19:30 - 19:50	ROCK N'ROLL 19:55 - 20:10	CYCLING 20:30 - 21:30	
	DS TRAINING	PILATES 20:00 - 20:50	ROCK N'ROLL	RADIKAL /FUNCIONAL		

	AGUA CTC 20:15 - 21:00 20:45	RADIKAL /FUNCIO NAL	DS55 - 20:10 TRAININ G	HIP-HOP 20:15 - 20:45 20:45		
	AERÒBI C 20:15 - 20:45	HIP-HOP 20:15 - 20:45	AGUA CTC 20:15 - 21:00	STEP 20:15 - 21:05		
	BODY COMBAT	LET'S GO 20:15 - 21:05	BODY COMBAT	CYCLING 20:30 - 21:30		
	WALKIN G 20:30 - 21:05	CYCLING 20:30 - 21:30	HIP-HOP 20:15 - 21:05	AGUA CTC 20:45 - 21:30		
	CYCLING 20:30 - 21:30	AGUA CTC 20:45 - 21:30	WALKIN G 30' 20:30 - 21:05	ROCK N'ROLL 20:50 - 21:05		
		ROCK N'ROLL 20:50 - 21:05	CYCLING 20:30 - 21:30			
21:00	AGUA CTC 20:15 - 21:00	LET'S GO 20:15 - 21:05	AGUA CTC 20:15 - 21:00	STEP 20:15 - 21:05	HIP-HOP 20:15 - 21:05	CYCLING 20:30 - 21:30
	AERÒBI C 20:15 - 20:45	CYCLING 20:30 - 21:30	BODY COMBAT	CYCLING 20:30 - 21:30	CYCLING 20:30 - 21:30	CYCLING 21:45 - 22:45
	BODY COMBAT	AGUA CTC 20:45 - 21:30	HIP-HOP 20:15 - 21:05	AGUA CTC 20:45 - 21:30	CYCLING 21:45 - 22:45	
	WALKIN G 20:30 - 21:05	ROCK N'ROLL 20:50 - 21:05	WALKIN G 30' 20:30 - 21:05	ROCK N'ROLL 20:50 - 21:05		
	CYCLING 20:30 - 21:30	ESQUENA SANA 21:00 - 21:50	CYCLING 20:30 - 21:30	ESTIRAMIEN TOS HOLISTICOS		
	SALSA 21:15 - 21:45	HIP-HOP 21:15 - 22:05	AERÒBI C 21:15 - 22:05	DS00 - 21:50 TRAININ G		
	PILATES 21:15 - 22:05	CYCLING 21:45 - 22:45	CYCLING 21:45 - 22:45	HIP-HOP 21:45 - 22:05		
	CYCLING 21:45 - 22:45			CYCLING 21:45 - 22:45		
22:00	PILATES 21:15 - 22:05	HIP-HOP 21:15 - 22:05	AERÒBI C 21:15 - 22:05	HIP-HOP 21:15 - 22:05	CYCLING 21:45 - 22:45	CYCLING 21:45 - 22:45
	CYCLING 21:45 - 22:45	CYCLING 21:45 - 22:45	CYCLING 21:45 - 22:45	CYCLING 21:45 - 22:45		