	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
07:00	AIGUAGIM 30' 07:15 - 07:45	ESTIRAMIENTOS HOLISTICOS 07:15 - 07:45	AIGUAGIM 30' 07:15 - 07:45	AIGUAGIM 30' 07:15 - 07:45		
	PILATES 07:15 - 08:05	HIP-HOP 07:15 - 08:00		BODY COMBAT 07:15 - 08:00		
08:00	PILATES 07:15 - 08:05	HIP-HOP 07:15 - 08:00	HIP-HOP 08:00 - 08:00	BODY COMBAT 07:15 - 08:00	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		
				ROCK N'ROLL 08:35 - 08:50		
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.RITMES PILATES 09:00 - 09:50	BODY COMBAT 09:10 - 09:45	AGUA CTC 09:00 - 09:45	CTC 09:00 - 09:50	
	HIP-HOP 09:15 - 10:05	CYCLING 09:10 - 09:45	CYCLING 09:15 - 10:15	ESQUENA SANA 09:00 - 09:50	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	LET'S GO 09:10 - 09:45	CYCLING 09:15 - 10:15	
		ROCK N'ROLL 09:50 - 10:05		CYCLING 09:15 - 10:15		
				ROCK N'ROLL 09:50 - 10:05		
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	CIRCUIT FITNESS 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	AGUA CTC 10:00 - 10:45	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	TONIFICACIÓ 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	HIP-HOP 13:45 - 14:15	TRAINING 30' 13:45 -	SALSA 13:45 - 14:15	DS TRAINING	ABDOMINALES 15' SF 13:30 - 13:45
	LET'S GO 13:45 - 14:30	DS TRAINING 13:45 - 14:15		RADIKAL /FUNCIONAL 13:45 - 14:15	TONIFICACIÓ 13:45 - 14:30	RADIKAL /FUNCIONAL 13:45 - 14:15
14:00	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	CYCLING 13:00 - 14:00
	RADIKAL /FUNCIONAL 13:45 - 14:15	HIP-HOP 13:45 - 14:15	TRAINING 30' 13:45 - 14:15	SALSA 13:45 - 14:15	DS TRAINING 13:45 - 14:15	RADIKAL /FUNCIONAL 13:45 - 14:15
	LET'S GO 13:45 - 14:30	DS TRAINING	BODY COMBAT	RADIKAL /FUNCIONAL	TONIFICACIÓ 13:45 - 14:30	CYCLING 14:15 - 15:15
	CYCLING 14:15 - 15:15	HIP-HOP 14:15 - 15:05	CYCLING 14:15 - 15:15	LET'S GO 14:15 - 15:05	CYCLING 14:15 - 15:15	
	HIP-HOP 14:30 - 15:00	CYCLING 14:15 - 15:15		CYCLING 14:15 - 15:15	ESQUENA SANA 30' 14:30 - 15:00	
15:00	CYCLING 14:15 - 15:15	HIP-HOP 14:15 - 15:05	BODY COMBAT	LET'S GO 14:15 - 15:05	CYCLING 14:15 - 15:15	CYCLING 14:15 - 15:15
	HIP-HOP 14:30 - 15:00	CYCLING 14:15 - 15:15	CYCLING 14:15 - 15:15	CYCLING 14:15 - 15:15	ESQUENA SANA 30' 14:30 - 15:00	CYCLING 15:30 - 16:30
	HIP-HOP 15:30 - 16:00	AGUA CTC 15:00 - 15:45	ROCK N'ROLL 15:05 - 15:20	AGUA CTC 15:00 - 15:45	AGUA CTC 15:00 - 15:45	
	AGUA CTC 15:30 - 16:15	SALSA 15:30 - 16:00	PILATES 30' 15:30 - 16:00	ROCK N'ROLL 15:05 - 15:20	ROCK N'ROLL 15:05 - 15:20	
	CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30	AGUA CTC 15:30 - 16:15	HIP-HOP 15:30 - 16:00	CYCLING 15:30 - 16:30	
			CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30		
16:00	HIP-HOP 15:30 - 16:00	SALSA 15:30 - 16:00	PILATES 30' 15:30 - 16:00	HIP-HOP 15:30 - 16:00	CYCLING 15:30 - 16:30	CYCLING 15:30 - 16:30
	AGUA CTC 15:30 - 16:15	CYCLING 15:30 - 16:30	AGUA CTC 15:30 - 16:15	CYCLING 15:30 - 16:30	PILATES 16:00 - 16:50	CYCLING 16:45 - 17:45
	CYCLING 15:30 - 16:30	PILATES 16:00 - 16:50	CYCLING 15:30 - 16:30	LET'S GO 16:00 - 16:50	CYCLING 16:45 - 17:45	
	DANCE 16:00 - 16:50	CYCLING 16:45 - 17:45	CTC 16:00 - 16:50	CYCLING 16:45 - 17:45		
	AGUA CTC 16:30 - 17:15		CYCLING 16:45 - 17:45			
	CYCLING 16:45 - 17:45					
17:00	AGUA CTC 16:30 - 17:15	CYCLING 16:45 - 17:45	CYCLING 16:45 - 17:45	CYCLING 16:45 - 17:45	CYCLING 16:45 - 17:45	CYCLING 16:45 - 17:45
	CYCLING 16:45 - 17:45	TAI-TXÍ 17:00 - 17:50	ESQUENA SANA 17:00 - 17:50	TAI-TXÍ 17:00 - 17:50	LET'S GO 17:00 - 17:50	
	TONIFICACIÓ 17:00 - 17:50	LET'S GO 17:00 - 17:50	RADIKAL /FUNCIONAL 17:30 -	CTC 17:00 - 17:50	RADIKAL /FUNCIONAL 17:30 -	
	ESTIRAMIEN					

	TOS HOLISTICOS 17:00 - 17:50					
	RADIKAL /FUNCIONAL					
18:00	RADIKAL /FUNCIONAL 17:30 - 18:00	ABDOMINALES 15' SF 18:00 - 18:15	RADIKAL /FUNCIONAL	ABDOMINALES 15' SF 18:00 - 18:15	RADIKAL /FUNCIONAL	ABDOMINALES 15' SF 18:00 - 18:15
	ABDOMINALES 15' SF 18:00 - 18:15	TAI-TXÍ 18:00 - 18:50	ABDOMINALES 15' SF 18:00 - 18:15	QIGONG 18:00 - 18:50	ABDOMINALES 15' SF 18:00 - 18:15	CYCLING 18:00 - 19:00
	PILATES 18:00 - 18:50	HIP-HOP 18:00 - 18:50	LET'S GO 18:00 - 18:50	PILATES 18:00 - 18:50	TONIFICACIÓ 18:00 - 18:50	
	JUNIOR 18:00 - 18:50	JUNIOR 18:00 - 18:50	ESTIRAMIENTOS HOLISTICOS	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	
	CYCLING 18:00 - 19:00	CYCLING 18:00 - 19:00	JUNIOR 18:00 - 18:50	DS TRAINING	DS TRAINING	
	DS TRAINING	DS TRAINING	CYCLING 18:00 - 19:00	HIP-HOP 18:15 - 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 - 19:50	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 -	CYCLING 19:15 - 20:15	RADIKAL /FUNCIONAL	CYCLING 19:15 - 20:15		
	ROCK N'ROLL 19:55 - 20:10	WALKING 19:30 -	WALKING 19:30 -	WALKING 19:30 -		
		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 -	WALKING 19:30 -	RADIKAL /FUNCIONAL	WALKING 19:30 -	HIP-HOP 20:15 - 21:05	
	ROCK N'ROLL 19:55 - 20:10	ROCK N'ROLL 19:55 - 20:10	WALKING 19:30 -	ROCK N'ROLL 19:55 - 20:10	CYCLING 20:30 - 21:30	
	DS TRAININ	PILATES 20:00 - 20:50	ROCK N'ROLL	RADIKAL /FUNCIO		

	AGUA CTC 20:15 - 21:00 20:45	HIP-HOP 20:15 - 20:45	20:55 - 20:10 TRAININ G	HIP-HOP 20:15 - 20:45		
	AERÒBI C 20:15 -	RADIKAL /FUNCIO NAL	AGUA CTC 20:15 - 21:00	STEP 20:15 - 21:05		
	BODY COMBAT	LET'S GO 20:15 - 21:05	HIP-HOP 20:15 - 21:05	CYCLING 20:30 - 21:30		
	20:15 21:05 20:30 -	CYCLING 20:30 - 21:30	BODY COMBAT	AGUA CTC 20:45 - 21:30		
	21:00 CYCLING 20:30 - 21:30	AGUA CTC 20:45 - 21:30	20:15 21:05 20:30 - 21:00	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 -	CYCLING 20:30 - 21:30	HIP-HOP 20:15 - 21:05	CYCLING 20:30 - 21:30	CYCLING 20:30 - 21:30	CYCLING 21:45 - 22:45
	BODY COMBAT	AGUA CTC 20:45 - 21:30	BODY COMBAT	AGUA CTC 20:45 - 21:30	CYCLING 21:45 - 22:45	
	20:15 21:05 20:30 -	ROCK N'ROLL 20:50 - 21:05	20:15 21:05 20:30 -	ROCK N'ROLL 20:50 - 21:05		
	21:00 CYCLING 20:30 - 21:30	ESQUENA SANA 21:00 - 21:50	21:00 CYCLING 20:30 - 21:30	ESTIRAMIEN TOS HOLISTICOS		
	SALSA 21:15 - 21:45	HIP-HOP 21:15 - 22:05	AERÒBI C 21:15 -	DS 21:00 - 21:50 TRAININ G		
	PILATES 21:15 - 22:05	CYCLING 21:45 - 22:45	22:05 CYCLING 21:45 - 22:45	HIP-HOP 21:15 - 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 -	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	22:05 CYCLING 21:45 - 22:45	CYCLING 21:45 - 22:45		