

DILLUNS

DIMARTS

DIMECRES

DIJOURS

DIVENDRES

9:15

FIT MANTENIMENT

FIT MANTENIMENT

PILATES

9:30

T.B.C
Total Body Condition

T.B.C
Total Body Condition

10:15

AQUAFitness

AQUAFitness

AQUAFitness

15:15

FIT-TONE

G.A.C
Glutis - Abdominals - Cames

FIT-TONE

G.A.C
Glutis - Abdominals - Cames

CROSS TRAINING

18:00

G.A.C
Glutis - Abdominals - Cames

ABDOMINALS 30'

G.A.C
Glutis - Abdominals - Cames

ABDOMINALS 30'

HITT
HIGH INTENSITY
INTERVAL TRAINING

19:00

PILATES

ZUMBA

PILATES

ZUMBA

ZUMBA

19:15

AQUAERÒBIC

CICLE INDOR

AQUAERÒBIC

CICLE INDOR

20:00

CICLE INDOR

CROSS TRAINING

CICLE INDOR

POWERDISK

CICLE INDOR

STEP

STEP

TRX
Suspension Training

20:15

AQUAGYM

AQUAGYM

21:00

CROSS TRAINING

POWERDISK

CROSS TRAINING

TRX
Suspension Training