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PROGRAMA D'ACTIVITATS DIRIGIDES

DIA		DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE		DIA	
SALA		DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	SALA	
9:00	9:30													9:00	9:30
9:30	10:00	TONO		PILATES	SPINNING VIRTUAL	GAC		SUSPENSIO		ESQUENA SANA				9:30	10:00
10:00	10:30														TONO
10:30	11:00	PILATES		ESQUENA SANA		BODY ART		Z-DANCE	SPINNING VIRTUAL	TONO				10:30	11:00
11:00	11:30													11:00	11:30
11:30	12:00	HIPOS												11:30	12:00
12:00	12:30	TONO		SUSPENSIO			SPINNING	PILATES		ESQUENA SANA				12:00	12:30
12:30	13:00														
13:00	13:30													13:00	13:30
13:30	14:00													13:30	14:00
14:00	14:30	TONO	SPINNING VIRTUAL		SPINNING	GAC	SPINNING VIRTUAL	B. PUMP		ESQUENA SANA	SPINNING VIRTUAL			14:00	14:30
14:30	15:00														
15:00	15:30							TONO						15:00	15:30
15:30	16:00													15:30	16:00
16:00	16:30	B. PUMP		Z-DANCE	SPINNING VIRTUAL	SUSPENSIO			SPINNING	TONO				16:00	16:30
16:30	17:00														
17:00	17:30	PILATES		HIIT	BODY ART	TONO		GAC		ESTIRAMENTS				17:00	17:30
17:30	18:00													17:30	18:00
18:00	18:30	SUSPENSIO	IOGA VINYASA	HIPOS		COMBAT	SPINNING VIRTUAL	TONO		B. PUMP	IOGA VIN TO YIN			18:00	18:30
18:30	19:00							B. PUMP	IOGA HATHA					HIPOS	
19:00	19:30	Z-DANCE	SPINNING			GAC		BODY ART		Z-DANCE	SPINNING VIRTUAL			19:00	19:30
19:30	20:00								PILATES						
20:00	20:30	PILATES		CROSS TRAINING		ESQUENA SANA		CROSS TRAINING						20:00	20:30
20:30	21:00													20:30	21:00
DIA		DIRIGIDES	SPINNING	DIRIGIDES	SALA 2	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIA	
SALA		DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE		SALA	