










































ACTIVITATS DIRIGIDES - A PARTIR DE L'11 DE MARÇ DE 2024 -

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:15 8:15		 CICLO INDOOR VIRTUAL		 CICLO INDOOR VIRTUAL		
8:00 9:00	 CROSS TRAINING	 RUNNING	 LESMILLS BODYPUMP	 RUNNING	 CROSS TRAINING	9:00-10:00 ↓  LESMILLS BODYPUMP
9:30 10:30	 LESMILLS BODYPUMP	 CROSS TRAINING	 GAC-STEP	 CROSS TRAINING	 LESMILLS BODYPUMP	
10:30 11:30		 IOGA		 IOGA		
14:00 15:00	 CICLO INDOOR VIRTUAL		 CICLO INDOOR VIRTUAL			
15:30 16:30	 GAC-STEP	 LESMILLS BODYPUMP	 ZUMBA	 CROSS TRAINING	 LESMILLS BODYCOMBAT	
16:30 17:30			 LESMILLS BODYCOMBAT			
17:15 18:15	 ZUMBA				 LESMILLS BODYPUMP	17:30-18:30
18:15 19:15	 LESMILLS BODYBALANCE	 PILATES	 LESMILLS BODYBALANCE	 PILATES	 CICLO INDOOR	18:30-19:15
19:15 20:15	 LESMILLS BODYPUMP	 GAC-STEP	 LESMILLS BODYPUMP	 GAC-STEP	 CICLO INDOOR VIRTUAL	19:15-20:00
20:15 21:15	 CICLO INDOOR	 LESMILLS BODYPUMP	 CICLO INDOOR	 LESMILLS BODYPUMP		
21:15 21:30		 CORE 15'		 CORE 15'		



L'empresa es reserva el dret de modificar, suspendre o canviar la programació de qualsevol d'aquestes sessions.