

24/25

HORARIS	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
9:00		LES MILLS BODYBALANCE		IOGA	
9:30	LES MILLS BODYPUMP		HITT 30'		9:15h HIPOPRESSIUS
10:00		CICLISME INDOOR	DANCE 30'	FUNCIONAL GAC	CICLISME INDOOR
13:30	CICLISME INDOOR	HIPOS I LES MILLS BODYBALANCE	CICLISME INDOOR	LES MILLS BODYPUMP	
15:30	GAC 40'	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	ZUMBA	CICLISME INDOOR
17:15		KARATE 1		KARATE 1	
17:30	HIP HOP KIDS 1	HIP HOP JUNIOR	HIP HOP KIDS 1	HIP HOP JUNIOR	KARATE GRANS
18:00			LES MILLS BODYPUMP		ZUMBA
18:15		KARATE 2		KARATE 2	
18:30	HIP HOP KIDS 2	HIP HOP GRANS	HIP HOP KIDS 2	HIP HOP GRANS	
19:00					DANSA CONTEMPORÀNIA
19:00	IOGA			CICLISME INDOOR	LES MILLS BODYPUMP
19:15		KARATE GRANS			
19:30				JUJITSU	
19:30		ABDOMINALS 12'		HIPOPRESSIUS	
20:00	CICLISME INDOOR	JUJITSU	CICLISME INDOOR		
20:00	STEPS	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	FUNCIONAL GAC	
20:15		PILATES		PILATES	
20:30	MUAY THAI				
21:00				MUAY THAI	