








HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	HORA
7:00h		TBC		GAC	<b>FESTIU</b>			7:00h
8:15h		TAI CHI	Aeròbic	Manteniment				8:15h
9:15h		 ZUMBA	IOGA	TBC				9:15h
10:00h						 ZUMBA		10:00h
10:15h		Pilates	TBC	Latino				10:15h
11:15h		GAC		Pilates				11:15h
11:30h			Pilates					11:30h
13:30h			GAC					13:30h
15:30h		 BODY COMBAT	TBC	TBC				15:30h
17:30h		GAC	 BODY COMBAT	ESTIRAMENTS				17:30h
18:30h		TAI CHI	IOGA	 ZUMBA				18:30h
19:00h		RUNNING		RUNNING				19:00h
19:30h		TABATA	Ritmes Llatins	 LES MILLS BODYBALANCE				19:30h
20:30h		IOGA	 BODY COMBAT	TBC				20:30h

**Aquests horaris poden ser modificats puntualment per necessitats organitzatives o causes de força major.**