

| INICI | FINAL | SALA  | DILLUNS                                                                                               | DIMARTS                                                                                             | DIMECRES                                                                                                | DIJOUS                                                                                                | DIVENDRES                                                                                             |
|-------|-------|-------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 7:15  | 8:10  | 1     |  <b>BODYPUMP</b>     |                                                                                                     | MTG                                                                                                     |                                                                                                       |  <b>BODYPUMP</b>   |
| 7:15  | 8:00  | CI    |                                                                                                       | CICLO INDOOR                                                                                        |                                                                                                         | CICLO INDOOR                                                                                          |                                                                                                       |
| 9:30  | 10:25 | 1     |  <b>BODYPUMP</b>     |  <b>ZUMBA</b>      | TONO GUIERA                                                                                             |  <b>BODYCOMBAT</b> |  <b>ZUMBA</b>      |
| 9:30  | 10:25 | 2     | GIM POSTURAL 30'                                                                                      | MTG                                                                                                 |                                                                                                         |                                                                                                       | HATHA IOGA                                                                                            |
| 9:30  | 10:25 | 3     |                                                                                                       | HATHA IOGA                                                                                          |                                                                                                         | HATHA IOGA                                                                                            |                                                                                                       |
| 9:30  | 10:15 | P     | AIGUAGIM                                                                                              | AIGUAGIM                                                                                            | AIGUAGIM                                                                                                | AIGUAGIM                                                                                              | AIGUAGIM                                                                                              |
| 9:50  | 10:20 | 3 / 2 | ESTIRAMENTS 30'                                                                                       |                                                                                                     | ESTIRAMENTS 30'                                                                                         | CORE TRAINING                                                                                         |                                                                                                       |
| 10:00 | 10:25 | 2     | PILATES BASIC 30'                                                                                     |                                                                                                     |                                                                                                         |                                                                                                       |                                                                                                       |
| 10:30 | 11:25 | 1     | TONO GUIERA                                                                                           |  <b>BODYPUMP</b>   |  <b>ZUMBA</b>        |  <b>BODYPUMP</b>   |  <b>BODYCOMBAT</b> |
| 10:30 | 11:25 | 2 / 3 | GIM SUAU                                                                                              | VINYASA IOGA                                                                                        | GIM SUAU                                                                                                | VINYASA IOGA                                                                                          | HATHA IOGA                                                                                            |
| 10:45 | 11:30 | CI    | CICLO INDOOR                                                                                          |                                                                                                     | CICLO INDOOR                                                                                            | CICLO INDOOR                                                                                          |                                                                                                       |
| 14:15 | 15:00 | CI    | CICLO INDOOR                                                                                          |                                                                                                     | CICLO INDOOR                                                                                            |                                                                                                       |                                                                                                       |
| 14:30 | 15:15 | CI    |                                                                                                       | CICLO INDOOR                                                                                        |                                                                                                         | CICLO INDOOR                                                                                          |                                                                                                       |
| 14:30 | 15:25 | 1     |                                                                                                       | VINYASA IOGA                                                                                        |                                                                                                         | HATHA IOGA                                                                                            |                                                                                                       |
| 14:30 | 15:25 | 1     |  <b>BODYPUMP</b>   |                                                                                                     |                                                                                                         |                                                                                                       | MTG                                                                                                   |
| 15:30 | 16:15 | P     |                                                                                                       | AIGUAGIM                                                                                            |                                                                                                         | AIGUAGIM                                                                                              |                                                                                                       |
| 15:30 | 16:25 | 1     |  <b>ZUMBA</b>      | GC 30'/ CORE 30'                                                                                    |  <b>ZUMBA</b>      |  <b>BODYPUMP</b> |                                                                                                       |
| 17:00 | 17:25 | 1     | PILATES BASIC 30'                                                                                     |                                                                                                     | ESTIRAMENTS 30'                                                                                         |                                                                                                       |                                                                                                       |
| 17:15 | 18:10 | 1     |                                                                                                       |                                                                                                     |                                                                                                         |  <b>ZUMBA</b>    |                                                                                                       |
| 17:30 | 18:15 | CI    | CICLO INDOOR                                                                                          | CICLO INDOOR                                                                                        | CICLO INDOOR                                                                                            | CICLO INDOOR                                                                                          |                                                                                                       |
| 17:30 | 18:25 | 3     |                                                                                                       |                                                                                                     |                                                                                                         |                                                                                                       | POWER IOGA                                                                                            |
| 18:00 | 18:55 | 1     | TONO GUIERA                                                                                           | CARDIO BOX GUIERA                                                                                   |  <b>ZUMBA</b>      |                                                                                                       |                                                                                                       |
| 18:00 | 18:55 | 3 / 2 |                                                                                                       | HATHA IOGA                                                                                          |                                                                                                         | GIM POSTURAL 30'                                                                                      |                                                                                                       |
| 18:25 | 19:10 | CI    | CICLO INDOOR                                                                                          | CICLO INDOOR                                                                                        | CICLO INDOOR                                                                                            | CICLO INDOOR                                                                                          | CICLO INDOOR                                                                                          |
| 18:30 | 18:55 | 2     |                                                                                                       |                                                                                                     |                                                                                                         | PILATES BASIC 30'                                                                                     |                                                                                                       |
| 18:30 | 19:25 | 1     |                                                                                                       |                                                                                                     |                                                                                                         |                                                                                                       | CARDIO BOX GUIERA                                                                                     |
| 18:30 | 19:25 | 3     |                                                                                                       |                                                                                                     |                                                                                                         |                                                                                                       | HATHA IOGA                                                                                            |
| 19:00 | 19:55 | 1     |                                                                                                       |  <b>BODYPUMP</b> | PILATES BASIC 30'                                                                                       | TONO GUIERA                                                                                           |                                                                                                       |
| 19:00 | 19:55 | 2     |  <b>BODYCOMBAT</b> | STEP                                                                                                |  <b>BODYCOMBAT</b> | ESTIRAMENTS 55'                                                                                       |                                                                                                       |
| 19:00 | 19:55 | 3     |                                                                                                       | POWER IOGA                                                                                          |                                                                                                         |                                                                                                       |                                                                                                       |
| 19:00 | 19:45 | P     | AIGUAGIM                                                                                              |                                                                                                     | AIGUAGIM                                                                                                | AIGUAGIM                                                                                              |                                                                                                       |
| 19:20 | 20:05 | CI    | CICLO INDOOR                                                                                          | CICLO INDOOR                                                                                        | CICLO INDOOR                                                                                            | CICLO INDOOR                                                                                          | CICLO INDOOR                                                                                          |
| 19:30 | 20:25 | 1     |  <b>BODYPUMP</b>   |                                                                                                     |  <b>BODYPUMP</b>   |                                                                                                       |  <b>BODYPUMP</b> |
| 20:00 | 20:55 | 1     |                                                                                                       | GC 30'/ CORE 30'                                                                                    |                                                                                                         |  <b>BODYPUMP</b> |                                                                                                       |
| 20:00 | 20:25 | 2     | CORE TRAINING                                                                                         |                                                                                                     | CORE TRAINING                                                                                           |                                                                                                       |                                                                                                       |
| 20:00 | 20:55 | 2     |                                                                                                       |  <b>ZUMBA</b>    |                                                                                                         |                                                                                                       |                                                                                                       |
| 20:15 | 21:00 | CI    | CICLO INDOOR                                                                                          | CICLO INDOOR                                                                                        | CICLO INDOOR                                                                                            | CICLO INDOOR                                                                                          |                                                                                                       |
| 20:30 | 21:00 | 1     |                                                                                                       |                                                                                                     | ESTIRAMENTS 30'                                                                                         |                                                                                                       |                                                                                                       |
| 21:00 | 21:55 | 1 / 3 |  <b>BODYPUMP</b>   | HATHA IOGA                                                                                          |                                                                                                         |                                                                                                       |                                                                                                       |
| 21:10 | 21:55 | CI    |                                                                                                       | CICLO INDOOR                                                                                        |                                                                                                         | CICLO INDOOR                                                                                          |                                                                                                       |

| INICI | FINAL | SALA | DISSABTE                                                                                                                   |
|-------|-------|------|----------------------------------------------------------------------------------------------------------------------------|
| 10:00 | 10:55 | 1    |  <b>BODYCOMBAT</b><br>CARDIO BOX GUIERA |
| 10:00 | 10:45 | CI   | CICLO INDOOR                                                                                                               |
| 11:00 | 11:55 | 1    | ESTIRAMENTS 55'                                                                                                            |
| 11:00 | 11:45 | CI   | CICLO INDOOR                                                                                                               |
| 12:00 | 12:55 | 1    |  <b>BODYPUMP</b>                        |

Programa d'activitats dirigides adaptat a les mesures excepcionals de seguretat i higiene del COVID19.

Aquest horari pot ser modificat segons les necessitats de la instal·lació.