

HORARI D'ACTIVITATS DIRIGIDES

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
08:30 COMBAT	07:15 PUMP	07:15 PILATES	08:30 BALANCE	07:15 G.A.C
09:30 PUMP		08:30 PUMP	09:30 FUNCIONAL	08:30 ABDOMINALS
10:30 ZUMBA	09:30 PILATES	09:30 ZUMBA	10:30 PUMP	09:30 BALANCE
11:30 ABDOMINALS	10:30 COMBAT			
15:30 PUMP	15:30 PILATES	10:30 ESTIRAMENTS	15:30 COMBAT	15:30 PUMP
17:30 ABDOMINALS	17:30 BALANCE	17:45 FUNCIONAL	17:30 ABDOMINALS	
18:00 PUMP	18:00 FUNCIONAL		18:00 PILATES	18:00 G.A.C
19:00 POSTURAL	18:30 ZUMBA	18:30 COMBAT	19:00 ZUMBA	18:30 ZUMBA
20:00 COMBAT			20:00 PUMP	
	19:30 PILATES	19:30 PUMP		19:15 ESTIRAMENTS
DISSABTE	09:30 PUMP	10:30 PILATES	11:30 COMBAT	

Escaneja'm

