

HORARI D'ACTIVITATS DIRIGIDES

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