

GRAELLA 1/08/2020 A 13/09/2020

	Dilluns	Dimarts	Dimecres	Dijous	Divendres
M A T Í	Aiguagim 09.00 - 09.45	Ciclisme Indoor 07.15 - 08.00	TBC 09.30 - 10.15	Aiguadolça 10:15-11:00	Aiguagim 09.45 - 10.30
	Pilates 10:45-11:30	Gim Sènior 09.15 - 10.00	Pilates 10:45-11:30		Body Pump 09:30 - 10:15
		Body Pump 10:30-11:15			Body Balance 10:45-11:30
M I G D I A			Aiguagim 15:30 - 16:15	Step 15:15-16:00	
T A R D A	Aerollatí 16:30-17:15	Aiguadolça 16:15 - 17:00	Zumba 16:30-17:15	GAC 16:30-17:15	
	Body Pump 17:45-18:30	Zumba Infantil (4-7) 16:30-17:15	Body Balance 17:45-18:30	Zumba Infantil (8-14) 17:45-18:30	
	Estiraments 19:00-19:45	Pilates 17:45-18:30	Body Pump 19:00-19:45	Zumba 20:45-21:30	
	Circuit Intervàlic 20:15-21:00	Body Balance 20:00-20:45	Bike Training 60' 20:15-21:15		
	Ciclisme Indoor 20:45-21:30	Zumba 21:15-22:00			