

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	
7:30-8:15		CYCLING		STEP-TONO		7:30-8:15
9:15-10:15	BODY TONO	ZUMBA 9:00-9:50	CYCLING	ZUMBA 9:00-9:50	STRETCHING	9:15-10:15
10:15-11:15	EDAT AVANÇADA	STEP-TONO 10:15-11:00		CYCLING-TONO 10:15-11:00	EDAT AVANÇADA	10:15-11:15
17:30-18:15	ZUMBA EN FAMÍLIA	PILATES 18:00-19:00		PILATES 18:00-19:00	DANSA TERAPÈUTICA 18:00-18:45	17:30-18:15
18:15-19:00	BODY TONO		CYCLING		STRETCHING 19:00-19:45	18:15-19:00
19:15-20:00	ZUMBA	CYCLING	ABDOMINALS	TOTAL BODY CARDIO 19:00-19:45		19:15-20:00
20:15-21:00		CYCLING		CYCLING 20:00-20:45		20:15-21:00