HORARI DEL GIMNÀS

SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
S.1	08:30-08:50 ABDOMINALS EXPRESS 20' VIRTUAL	08:30-09:00 TBC EXPRESS 30' VIRTUAL	08:30-08:50 ESTIRAMENTS EXPRESS 20' VIRTUAL	08:30-08:50 ABDOMINALS EXPRESS 20' VIRTUAL	08:30-08:50 ESTIRAMENTS EXPRESS 20' VIRTUAL	08:45-09:30 TBC VIRTUAL	
S.2	08:30-08:50 ABDOMINALS EXPRESS 20' VIRTUAL	08:30-08:50 ESTIRAMENTS EXPRESS 20' VIRTUAL	08:30-08:50 ABDOMINALS EXPRESS 20' VIRTUAL	08:30-08:50 ESTIRAMENTS EXPRESS 20' VIRTUAL	08:30-08:50 ABDOMINALS EXPRESS 20' VIRTUAL	08:45-09:30 COMBAT VIRTUAL	
S.3	08:30-09:00 CYCLING EXPRESS 30' VIRTUAL	08:30-09:00 CYCLING EXPRESS 30' VIRTUAL	08:30-09:00 CYCLING EXPRESS 30' VIRTUAL	08:30-09:00 CYCLING EXPRESS 30' VIRTUAL	08:30-09:00 CYCLING EXPRESS 30' VIRTUAL	08:45-09:30 CYCLING VIRTUAL	
S.1	09:15-10:00 CIRCUIT TRAINNING	09:15-10:00 TBC	09:15-10:00 TOTAL BODY	09:15-10:00 POWERTONO	09:15-10:00 ESTIRAMENTS	09:45-10:30 HIIT VIRTUAL	09:45-10:30 TBC VIRTUAL
S.2		09:15-10:00 AERÒBIC LATINO VIRTUAL		09:15-10:00 COMBAT VIRTUAL	09:15-10:00 TAICHI VIRTUAL	09:45-10:30 PILATES VIRTUAL	09:45-10:30 AERÒBIC VIRTUAL
S.3	09:15-10:00 CYCLING VIRTUAL	09:15-10:00 CYCLING VIRTUAL	09:15-10:00 CYCLING VIRTUAL	09:15-10:00 CYCLING VIRTUAL	09:15-10:00 CYCLING	09:45-10:30 CYCLING VIRTUAL	09:45-10:30 CYCLING VIRTUAL
S.1					10:15-11:0 TBC VIRTUAL	10:45-11:30 TBC VIRTUAL	10:45-11:30 HIIT VIRTUAL
S.2	10:15-11:15 IOGA	10:15-11:00 COMBAT VIRTUAL	10:15-11:00 PILATES MIX	10:15h-11:15 IOGA	10:15-10:35 ESTIRAMENTS EXPRESS 20' VIRTUAL	10:45-11:30 GAC VIRTUAL	10:45-11:30 ESTIRAMENTS EXPRESS 20'
S.3	10:15-11:00 CYCLING VIRTUAL	10:15-11:00 CYCLING VIRTUAL	10:15-11:00 CYCLING VIRTUAL	10:15-11:00 CYCLING VIRTUAL	10:15-11:00 CYCLING VIRTUAL	10:45-11:30 CYCLING VIRTUAL	10:45-11:30 CYCLING VIRTUAL
S.1	11:15-12:00 HIIT VIRTUAL	11:15-11:35 ABDOMINALS EXPRESS 20' VIRTUAL	11:15-12:00 TBC VIRTUAL	11:15-11:35 ABDOMINALS EXPRESS 20' VIRTUAL	11:15-11:35 ESTIRAMENTS EXPRESS 20' VIRTUAL	11:45-12:30 GAC VIRTUAL	11:45-12:30 COMBAT VIRTUAL
S.2	11:15-12:00 AERÒBIC VIRTUAL	11:15-12:00 IOGA VIRTUAL	11:15-12:00 AERÒBIC LATINO VIRTUAL	11:15-12:00 PILATES VIRTUAL	11:15-12:00 GAC VIRTUAL	11:45-12:30 COMBAT VIRTUAL	11:45-12:30 TBC VIRTUAL
S.3	11:15-12:00 CYCLING VIRTUAL	11:15-12:00 CYCLING VIRTUAL	11:15-12:00 CYCLING VIRTUAL	11:15-12:00 CYCLING VIRTUAL	11:15-12:00 CYCLING VIRTUAL	11:45-12:30 CYCLING VIRTUAL	11:45-12:30 CYCLING VIRTUAL
S.1	12:15-12:35 ESTIRAMENTS EXPRESS 20 VIRTUAL	12:15-12:45 GAC EXPRESS 30' VIRTUAL	12:15-12:35 ABDOMINALS EXPRESS 20' VIRTUAL	12:15-12:45 TBC EXPRESS 30' VIRTUAL	12:15-12:45 TONO EXPRESS 30' VIRTUAL	12:45-13:30 TONO VIRTUAL	12:45-13:30 TBC VIRTUAL
S.2	12:15-12:35 ABDOMINALS EXPRESS 20' VIRTUAL	12:15-12:35 ESTIRAMENTS EXPRESS 20' VIRTUAL	12:15-12:35 ABDOMINALS EXPRESS 20' VIRTUAL	12:15-12:35 ESTIRAMENTS EXPRESS 20' VIRTUAL	12:15-12:35 ESTIRAMENTS EXPRESS 20' VIRTUAL	12:45-13:30 ESTIRAMENTS 20' VIRTUAL	12:45-13:30 GAC VIRTUAL
S.3	12:15-12:45 CYCLING EXPRESS 30' VIRTUAL	12:15-12:45 CYCLING EXPRESS 30' VIRTUAL	12:15-12:45 CYCLING EXPRESS 30' VIRTUAL	12:15-12:45 CYCLING EXPRESS 30' VIRTUAL	12:15-12:45 CYCLING EXPRESS 30' VIRTUAL	12:45-13:30 CYCLING VIRTUAL	12:45-13:30 CYCLING VIRTUAL
	TANCAT DE 13H A 15H					TANCAT DE 14.30h a 15.30h	
S.1	15:15-16:00 POWERTONO	15:15-16:00 TOTAL BODY	15:15-16:00 PILATES	15:15-16:00 GAC	15:15-16:00 CIRCUIT TRAINNING		
S.2	15:15-16:00 COMBAT VIRTUAL	15:15-16:00 AERÒBIC VIRTUAL	15:15-16:00 DANCE FITNESS	15:15-16:00 IOGA VIRTUAL	15:15-16:00 GAC VIRTUAL		
S.3	15:30-16:00 CYCLING EXPRESS VIRTUAL 30'	15:30-16:00 CYCLING EXPRESS VIRTUAL 30'	15:30-16:00 CYCLING EXPRESS VIRTUAL 30'	15:30-16:00 CYCLING EXPRESS VIRTUAL 30'	15:30-16:00 CYCLING EXPRESS VIRTUAL 30'		
S.1		16:15-17:00 STEP VIRTUAL		16:15-17:00 HIIT VIRTUAL	16:15-17:00 COMBAT VIRTUAL	16:15-17:00 PILATES VIRTUAL	16:15-17:00 TBC VIRTUAL
S.2	16:15-17:00 PILATES VIRTUAL		16:15-17:00 AERÒBIC VIRTUAL		16:15-16:35 ABDOMINALS EXPRESS 20' VIRTUAL	16:15-17:00 IOGA VIRTUAL	16:15-17:00 GAC VIRTUAL
S.3	16:15-17:00 CYCLING VIRTUAL	16:15-17:00 CYCLING VIRTUAL	16:15-17:00 CYCLING VIRTUAL	16:15-17:00 CYCLING VIRTUAL	16:15-17:00 CYCLING VIRTUAL	16:15-17:00 CYCLING VIRTUAL	16:15-17:00 CYCLING VIRTUAL
S.1	17:15-17:35 ABDOMINALS EXPRESS 20' VIRTUAL	17:15-17:45 GAC EXPRESS 30' VIRTUAL	17:15-17:45 TBC EXPRESS 30' VIRTUAL	17:15-17:35 ESTIRAMENTS EXPRESS 20' VIRTUAL	17:15-17:45 TONO EXPRESS 30' VIRTUAL	17:15-18:00 TONO VIRTUAL	17:15-18:00 GAC VIRTUAL
S.2	17:15-17:45 AERÒBIC EXPRESS 30' VIRTUAL		17:15h-18:15h IOGA		17:15-18:00 COMBAT VIRTUAL	17:15-18:00 GAC VIRTUAL	17:15-18:00 ESTIRAMENTS 20' VIRTUAL
S.3	17:15-18:00 CYCLING VIRTUAL	17:15-18:00 CYCLING VIRTUAL	17:15-18:00 CYCLING VIRTUAL	17:15-18:00 CYCLING VIRTUAL	17:15-18:00 CYCLING VIRTUAL	17:15-18:00 CYCLING VIRTUAL	17:15-18:00 CYCLING VIRTUAL
S.1	18:00-18:45 CARDIOTONO CORE	18:00-18:45 PILATES MIX	18:00-18:45 CIRCUIT GAC	18:00-18:45 TONIFICACIÓ	18:00-18:45 HIIT VIRTUAL	18:15-19.00 COMBAT VIRTUAL	18:15-19.00 PILATES VIRTUAL
S.2	18:00-18:45 CONTROL POSTURAL	18:00-18:45 TAICHI VIRTUAL		18:00-18:45 DANCE FITNESS	18:00-18:45 GAC VIRTUAL	18:15-19.00 AERÒBIC LATINO VIRTUAL	18:15-19.00 ABDOMINALS 20' VIRTUAL
S.3	18:15-19:00 CYCLING VIRTUAL	18:15-19:00 CYCLING VIRTUAL	18:15-19:00 CYCLING VIRTUAL	18:15-19:00 CYCLING VIRTUAL	18:15-19:00 CYCLING VIRTUAL	18:15-19:00 CYCLING VIRTUAL	18:15-19:00 CYCLING VIRTUAL
S.1	19:00-19:45 PILATES MIX	19:00-19:45 CIRCUIT TRAINNING	19:00-19:45 POWERTONO	19:00-19:45 PILATES	19:00-19:45 CARDIOTONO	19:15-20:00 HIIT VIRTUAL	19:15-20:00 HIIT VIRTUAL
S.2	19:15-20:00 COMBAT VIRTUAL	19:15-20:00 AERÒBIC LATINO VIRTUAL	19:15-20:00 GAC VIRTUAL	19:15-19:35 ESTIRAMENTS EXPRESS 20' VIRTUAL	19:15-20:00 PILATES VIRTUAL	19:15-20:00 ESTIRAMENTS 20' VIRTUAL	19:15-20:00 ESTIRAMENTS 20' VIRTUAL
S.3	19:15-20:00 CYCLING	19:15-20:00 CYCLING	19:15-20:00 CYCLING	19:15-20:00 CYCLING	19:15-20:00 CYCLING	19:15-20:00 CYCLING VIRTUAL	19:15-20:00 CYCLING VIRTUAL
S.1	20:00-20:45 TOTAL BODY	20:00-20:45 GAC/ESTIRAMENTS	20:00-20:45 TONIFICACIÓ	20:00-20:45 PILATES MIX ESTIRAMENTS	20:00-20:45 HIIT VIRTUAL	20:15-21:00 TBC VIRTUAL	20:15-21:00 GAC VIRTUAL
S.2	20:15-20:35 ESTIRAMENTS EXPRESS 20' VIRTUAL	20:00-21:00 IOGA	20:15-20:35 ABDOMINALS EXPRESS 20' VIRTUAL	20:15-21:00 IOGA VIRTUAL	20:15-20:35 ESTIRAMENTS EXPRESS 20' VIRTUAL	20:15-21:00 IOGA VIRTUAL	20:15-21:00 PILATES VIRTUAL
S.3	20:15-21:00 CYCLING VIRTUAL	20:15-21:00 CYCLING VIRTUAL	20:15-21:00 CYCLING VIRTUAL	20:15-21:00 CYCLING VIRTUAL	20:15-21:00 CYCLING VIRTUAL	20:15-21:00 CYCLING VIRTUAL	20:15-21:00 CYCLING VIRTUAL
S.1	21:00-21:30 HIIT EXPRESS 30' VIRTUAL	21:00-21:30 TBC EXPRESS 30' VIRTUAL	21:00-21:30 COMBAT EXPRESS 30' VIRTUAL	21:00-21:20 ESTIRAMENTS EXPRESS 20' VIRTUAL	21:00-21:20 ABDOMINALS EXPRESS 20' VIRTUAL		
S.2	21:15-21:35 ESTIRAMENTS EXPRESS 20' VIRTUAL	21:15-21:35 ABDOMINALS EXPRESS 20' VIRTUAL	21:15-21:35 ESTIRAMENTS EXPRESS 20' VIRTUAL	21:15-21:35 ABDOMINALS EXPRESS 20' VIRTUAL	21:15-21:35 ESTIRAMENTS EXPRESS 20' VIRTUAL		
S.3	21:15-21:45 CYCLING EXPRESS 30' VIRTUAL	21:15-21:45 CYCLING EXPRESS 30' VIRTUAL	21:15-21:45 CYCLING EXPRESS 30' VIRTUAL	21:15-21:45 CYCLING EXPRESS 30' VIRTUAL	21:15-21:45 CYCLING EXPRESS 30' VIRTUAL		