



**HORARIOS PARA TEMPORADA DE VERANO 2016:**

| INICI | DILLUNS   | DIMARTS   | DIMECRES       | DIJOUS  | DIVENDRES    | DISSABTE      |
|-------|-----------|---|----------------|---|--------------|---------------|
| 6.35  |           | SPINNING  |                | SPINNING  |              | 9.00 a        |
| 7.00  | BODY TONO |   | GAC            |   | ESTIRAMENTS  |               |
| 9.30  | SPINNING  | PILATES   | SPINNING       | PILATES   | BALL LINEAL  |               |
| 9.30  | ZUMBA     | BODY TONO   | GAC            | STEP BASIC / ABD  |              | ZUMBA         |
| 9.30  | PILATES   | AQUA AEROBIC  | PILATES        | AQUA AEROBIC  | RECORD SALUT |               |
| 10.30 | AQUA GYM  |  | AQUA GYM       |  |              | SPINNING      |
|       |           |   |                |   |              |               |
| 13.40 |           | ZUMBA   |                | GAC   |              | 14.00         |
| 14.30 | ZUMBA     | POWER ABDOMINALS  | BODY TONO      | SPINNING  |              |               |
| 15.30 | PILATES   | SPINNING  | STEP TONO      | PILATES   | ZUMBA        |               |
| 15.30 |           |  |                |  |              |               |
|       |           |   |                |   |              |               |
| 17.00 | IOGA      |  |                |  |              | 17.00 a 20.00 |
| 17.30 | BODY TONO | ZUMBA   | SPINNING & ABD | GAC   | ZUMBA        |               |
| 17.30 |           |   | PILATES        |   |              |               |
| 18.30 | SPINNING  | SPINNING  | SPINNING       | SPINNING  | SPINNING     |               |
| 18.30 | IOGA      |   | CHI KUNG       |   | PILATES      |               |
| 18.30 | BODY TONO | COS I MENT  | GAC            | ZUMBA   |              |               |
| 19.30 | SPINNING  | SPINNING  | SPINNING       | SPINNING  |              |               |
| 19.30 | PILATES   | BODY TONO   | AERO DANCE     | DANSA DEL VENTRE  | BODY TONO    |               |
| 19.30 |           |   |                | PILATES   |              |               |
| 19.30 |           | AQUA GYM  |                | AQUA AEROBIC  |              |               |
| 20.00 | IOGA      |   | IOGA           |   |              |               |
| 20.30 | ZUMBA     | PILATES   | ZUMBA          |   | RECORD SALUT |               |

