

		dl	dt	dc	dj	dv	db
06:45 - 07:15						LES MILLS CORE	
06:45 - 07:45			BODYPUMP		FUNCTIONAL TRAINING		
06:45 - 08:00		CICLO		CICLO			
08:00 - 08:45		AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
08:00 - 09:00		BODYPUMP	PILATES		PILATES		
09:00 - 09:45		AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
09:30 - 10:00			LES MILLS CORE MATINS	CICLO	LES MILLS CORE MATINS	CICLO	
09:30 - 10:30		FUNCTIONAL TRAINING	ZUMBA	BODYPUMP	ZUMBA	IOGA	
		IOGA		PILATES		BODYPUMP	
10:00 - 10:30							CICLO
10:30 - 11:00		HIPOS 30'	ESTIRAMENTS			ESTIRAMENTS	
		HIOPRESSIUS					
10:30 - 11:30				GAC	HIPOPILATES		
11:00 - 12:00							BODYPUMP
13:30 - 14:30		BODYPUMP		BODYPUMP			
13:30 - 15:30					CICLO		
15:30 - 16:15		AQUAGYM		AQUAGYM		AQUAGYM	
15:30 - 16:30		PILATES	BODYPUMP	ZUMBA	FUNCTIONAL TRAINING	BODYPUMP	
		ZUMBA	CICLO		CICLO		
16:30 - 17:00					HIOPRESSIUS	LES MILLS CORE	
16:30 - 17:30			HIPOS 30'		HIPOS 30'		
17:30 - 18:00		LES MILLS CORE					
17:30 - 18:30					GAC		
18:00 - 18:30				LES MILLS CORE		CICLO	
18:00 - 19:00		BODYPUMP	ZUMBA		BODYPUMP		
			IOGA				
18:30 - 19:00				CICLO	HIOPRESSIUS		
18:30 - 19:30		HIPOPILATES		IOGA			
				FUNCTIONAL TRAINING			
19:00 - 19:30		CICLO	CICLO	RUNNING	CICLO		
19:00 - 20:00		FUNCTIONAL TRAINING	GAC		ZUMBA	BODYPUMP	
			PILATES		IOGA		
19:30 - 20:00		ESTIRAMENTS		ESTIRAMENTS			
19:30 - 20:15		AQUAGYM	AQUAGYM	SWIMMING	AQUAGYM		
		SWIMMING		AQUAGYM			
19:30 - 20:30				BODYPUMP		INICIACIO PADEL	
20:00 - 20:30		CICLO	RUNNING		RUNNING		
			CICLO				
			LES MILLS CORE				

20:00 - 21:00		PILATES			GAC		
		BODYCOMBAT			PILATES		
20:30 - 21:00				LES MILLS CORE			
20:30 - 21:30			FUNCTIONAL TRAINING			INICIACIO PADEL	
21:00 - 21:45			AQUAGYM		AQUAGYM		
21:00 - 22:00		GAC					