

# HORARI DE SALA DE FITNESS



	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
6:30			CARLOS 6.30h a 12.30h	CARLOS 6.30h a 12.30h		
7:30			CARLOS	CARLOS		
8:00	YVETH 8.00h a 12.00h		CARLOS	CARLOS	Anna 8.00h a 12.00h	
9:00	YVETH		CARLOS	CARLOS	Anna	
9:30	YVETH		CARLOS	CARLOS	Anna	
10:00	YVETH		CARLOS	CARLOS	Anna	POL 10.00h a 13.00h
10:30	YVETH	ANNA 10.30h a 12.00h	CARLOS	CARLOS	Anna	POL
11:00	YVETH	Anna	CARLOS	CARLOS	Anna	POL
11:30	YVETH	Anna	CARLOS	CARLOS	Anna	POL
12:00	YVETH	FRAN 12.00h a 13.00h	CARLOS	CARLOS	Anna	POL
13:00		FRAN				POL
13:30						
14:00	MARIO 14.00h 17.00h					
14:30	MARIO			FRAN 14.30h a 16.30h		
15:00	MARIO			FRAN		
15:30	MARIO			FRAN		
16:30	CARLOS 16.30h a 17.30h			FRAN	CARLOS 16.30h a 20.30h	
17:00	CARLOS	SANDRA 17.00h a 19.00h	FRAN 17.00h a 19.30h	SANDRA 17.00h a 18.00h	CARLOS	
17:30	POL 17.30h a 19.00h	SANDRA	FRAN	SANDRA	CARLOS	
18:00	POL	SANDRA	FRAN	SANDRA	CARLOS	
18:30	POL	SANDRA	FRAN		CARLOS	
19:00	POL	POL 19.00h a 22.30h	FRAN	POL 19.00H A 22.30H	CARLOS	
19:30		POL	FRAN	SANDRA/POL	CARLOS	
20:00		POL		POL	CARLOS	
20:30		POL		POL	CARLOS	
21:00		POL	POL 21.00h a 22.30h	POL		
21:30		POL	POL	POL		

TÈCNIC A LA SALA FITNESS