



	Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
MÀTÍ	8.30	9.20	Live	ZUMBA	GIMSUAU	POSTURAL	POSTURAL	ZUMBA	
	9.30	10.20	Live	IBT	ZUMBA	GAC	PILATES	IBT	POSTURAL
MIGDIA	10.30	11.20	Live	PILATES	POSTURAL	PILATES	ZUMBA	GIMSUAU	GAC
	11.30	12.20	Live	GIMSUAU	GAC	IBT	POSTURAL	GAC	GIMSUAU
	12.30	13.20	Live	GAC	PILATES	GIMSUAU	PILATES	POSTURAL	IBT
	13.30	13.45	Live	ESTIRAMENTS	ABDOMINALS	ESTIRAMENTS	ABDOMINALS	ESTIRAMENTS	
TARDA	14.30	14.45	Live	ABDOMINALS	ESTIRAMENTS	ABDOMINALS	ESTIRAMENTS	ABDOMINALS	
	15.15	16.05	Live	IBT	PILATES	GAC	GIMSUAU	IBT	
	16.15	17.05	Live	POSTURAL	IBT	PILATES	IBT	GAC	
	17.15	18.05	Live	IBT	GIMSUAU	ZUMBA	PILATES	POSTURAL	
	18.15	19.05	Live	ZUMBA	CICLISMO	PILATES	ZUMBA	IBT	
	19.15	20.05	Live	GAC	ZUMBA	ZUMBA	CARDIOBOX	PILATES	
	20.15	21.05	Live	PILATES	POSTURAL	IBT	CICLISMO	GAC	