

|        | Inici | Final | Espai | DILLUNS     | DIMARTS     | DIMECRES    | DIJOUS      | DIVENDRES   | DISSABTE |
|--------|-------|-------|-------|-------------|-------------|-------------|-------------|-------------|----------|
| MATÍ   | 8.30  | 9.20  | Live  | ZUMBA       | GIMSUAU     | POSTURAL    | POSTURAL    | ZUMBA       |          |
|        | 9.30  | 10.20 | Live  | IBT         | ZUMBA       | GAC         | PILATES     | IBT         | GAC      |
|        | 10.30 | 11.20 | Live  | PILATES     | POSTURAL    | PILATES     | ZUMBA       | GIMSUAU     | IBT      |
| MIGDIA | 11.30 | 12.20 | Live  | GIMSUAU     | GAC         | IBT         | POSTURAL    | GAC         |          |
|        | 12.30 | 13.20 | Live  | GAC         | PILATES     | GIMSUAU     | PILATES     | POSTURAL    |          |
|        | 13.30 | 13.45 | Live  | ESTIRAMENTS | ABDOMINALS  | ESTIRAMENTS | ABDOMINALS  | ESTIRAMENTS |          |
|        | 14.30 | 14.45 | Live  | ABDOMINALS  | ESTIRAMENTS | ABDOMINALS  | ESTIRAMENTS | ABDOMINALS  |          |
|        | 15.15 | 16.05 | Live  | IBT         | PILATES     | IBT         | GIMSUAU     | IBT         |          |
| TARDA  | 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         |          |