

ACTIVITATS SALA FITNESS

A partir del 31 d'octubre

dilluns	dimarts	dimecres	dijous	divendres
	08:10 - 08:20 S.Fitness ABD XPRESS		08:10 - 08:20 S.Fitness ABD XPRESS	
		09:10 - 09:40 S.Fitness FUNCIONAL 360°	09:10 - 09:20 S.Fitness ABD XPRESS	
10:10 - 10:20 S.Fitness ABD XPRESS	10:10 - 10:40 S.Fitness FUNCIONAL 360°	10:10 - 10:20 S.Fitness ABD XPRESS	10:10 - 10:20 S.Fitness ABD XPRESS	10:10 - 10:40 S.Fitness FUNCIONAL 360°
10:10 - 10:40 S.Fitness FUNCIONAL 360°	11:10 - 11:20 S.Fitness ABD XPRESS			11:10 - 11:20 S.Fitness ABD XPRESS
		12:10 - 12:40 S.Fitness FUNCIONAL 360°	12:10 - 12:40 S.Fitness FUNCIONAL 360°	
	13:10 - 13:40 S.Fitness FUNCIONAL 360°	13:10 - 13:20 S.Fitness ABD XPRESS		13:10 - 13:40 S.Fitness FUNCIONAL 360°
	NEW! 14:10 - 14:20 S.Fitness ABD XPRESS			
15:10 - 15:20 S.Fitness ABD XPRESS JR	15:10 - 15:40 S.Fitness FUN. 360° JR	15:10 - 15:20 S.Fitness ABD XPRESS JR	15:10 - 15:40 S.Fitness FUN. 360° JR	15:10 - 15:20 S.Fitness ABD XPRESS JR
16:10 - 16:40 S.Fitness FUN. 360° JR	16:10 - 16:40 S.Fitness HIIT JR	16:10 - 16:40 S.Fitness FUN. 360° JR	16:10 - 16:40 S.Fitness HIIT JR	16:10 - 16:40 S.Fitness FUN. 360° JR
18:10 - 18:20 S.Fitness ABD XPRESS	18:10 - 18:40 S.Fitness FUNCIONAL 360°	18:10 - 18:20 S.Fitness ABD XPRESS	18:10 - 18:40 S.Fitness FUNCIONAL 360°	18:10 - 18:20 S.Fitness ABD XPRESS
19:10 - 19:40 S.Fitness FUNCIONAL 360°	19:10 - 19:20 S.Fitness ABD XPRESS	19:10 - 19:40 S.Fitness FUNCIONAL 360°	19:10 - 19:20 S.Fitness ABD XPRESS	19:10 - 19:40 S.Fitness FUNCIONAL 360°
20:10 - 20:20 S.Fitness ABD XPRESS	20:10 - 20:40 S.Fitness FUNCIONAL 360°	20:10 - 20:20 S.Fitness ABD XPRESS	NEW! 20:10 - 20:40 S.Fitness FUNCIONAL 360°	20:10 - 20:20 S.Fitness ABD XPRESS
21:10 - 21:40 S.Fitness FUNCIONAL 360°	21:10 - 21:20 S.Fitness ABD XPRESS	21:10 - 21:40 S.Fitness FUNCIONAL 360°	21:10 - 21:20 S.Fitness ABD XPRESS	21:10 - 21:40 S.Fitness FUNCIONAL 360°