

Initial	Final	ESPÀI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATI									
07:15	08:15	S1	BODY PUMP		BODY COMBAT	BODY PUMP			
07:15	08:15	SCY	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
07:15	08:00	SCY							
07:30	08:30	S1							
08:00	09:00	S1					BODY PUMP		
08:15	08:30	XPRESS	RADIKAL	DUET SUSPENSION TR.	ABDOMINALES	RADIKAL	DUET SUSPENSION TR.		
08:15	09:00	SCY	CYCLING		CYCLING	CYCLING VIRTUAL			
08:15	09:15	SCY/S1		CYCLING VIRTUAL		ZUMBA	CYCLING VIRTUAL		
08:15	09:15	S1							
09:15	10:15	SCY	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRT.	CYCLING VIRT.
09:15	09:30	XPRESS	DUET SUSPENSION TR.	ABDOMINALS	FREE FIT	FREE FIT	RADIKAL	ABDOMINALES	ABDOMINALES
09:30	10:30	S1	PILATES	ZUMBA					
10:00	11:00	S1			YOGA	PILATES		BODY PUMP	
10:15	11:15	SCY	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRT.
10:15	10:30	XPRESS						RADIKAL	ABDOMINALES
10:30	10:45	XPRESS	ABDOMINALES	FREE FIT	DUET SUSPENSION TR.	ABDOMINALES	FREE FIT		
10:30	10:45	S1		GAP					
11:00	11:45	SCY						CYCLING	
11:00	12:00	S1	ZUMBA						
11:15	12:15	SCY	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRT.
11:15	11:30	XPRESS						FREE FIT	DUET SUSP.
11:30	12:15	SCY							
12:00	12:45	S1						PILATES	
12:15	13:15	SCY	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRT.	CYCLING VIRT.
12:15	12:30	XPRESS	DUET SUSPENSION TR.	RADIKAL	ABDOMINALES	RADIKAL	ABDOMINALES	ABDOMINALS	RADIKAL
12:30	13:30	SCY		CYCLING VIRTUAL					
13:00	13:45	S1							
13:15	14:15	SCY	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRT.	CYCLING VIRT.
13:30	14:30	SCY		CYCLING VIRTUAL					
MIGDIA									
13:45	14:00	XPRESS	RADIKAL	FREE FIT					
14:00	14:15	XPRESS			RADIKAL	ABDOMINALES	RADIKAL		
14:00	14:45	S1	BODY PUMP	BODY COMBAT	BODY PUMP				
14:15	15:15	SCY					CYCLING VIRTUAL	CYCLING VIRT.	
14:15	15:00	S1				PILATES	BODY PUMP		
14:15	15:00	SCY	CYCLING			CYCLING			
14:30	15:30	SCY		CYCLING VIRTUAL					
14:30	15:15	SCY				CYCLING			
14:45	15:30	S1	BODY COMBAT	YOGA					
15:00	15:15	XPRESS	DUET SUSPENSION TR.	RADIKAL	ABDOMINALES	RADIKAL	ABDOMINALES		
15:15	16:15	SCY	CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRT.	
15:30	15:45	XPRESS	ABDOMINALES	DST	RADIKAL	ABDOMINALES	RADIKAL		
15:30	16:30	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL				
16:15	16:30	XPRESS						RADIKAL	
16:15	17:15	SCY	CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRT.	
16:30	17:30	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL				
TARDA									
17:00	17:45	S1	YOGA						
17:15	17:30	XPRESS						ABDOMINALES	
17:30	18:30	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL				
17:15	18:15	SCY	CYCLING VIRTUAL			CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRT.	
17:45	18:30	S1	GAP	STEP BASICO	BODY PUMP				
18:00	18:15	XPRESS	RADIKAL	ABDOMINALES	ABDOMINALES	DUET SUSPENSION TR.			
18:00	18:45	S1				GAP			
18:15	18:30	XPRESS					ABDOMINALES	RADIKAL	
18:15	19:15	SCY				CYCLING VIRTUAL		CYCLING VIRT.	
18:30	19:30					CYCLING VIRTUAL			
18:30	19:15	S1	ZUMBA	BODY ATTACK	YOGA		ZUMBA		
18:45	19:30	S1					BODY PUMP		
19:00	19:15	XPRESS	FREE FIT	RADIKAL	DUET SUSPENSION TR.	FREE FIT			
19:00	19:45	SCY							
19:00	20:00	SCY		CYCLING			CYCLING		
19:15	19:30	XPRESS					FREE FIT		
19:15	20:00	SCY	CYCLING			CYCLING			
19:15	20:00	S1		BODY PUMP	BODY COMBAT		BODY PUMP		
19:30	20:15	S1	PILATES			PILATES			
20:00	20:15	XPRESS	ABDOMINALES	DUET SUSPENSION TR.	RADIKAL	RADIKAL	RADIKAL		
20:00	20:45	S1		ZUMBA			YOGA		
20:00	21:00	SCY					CYCLING VIRTUAL		
20:00	20:45	SCY			CYCLING				
20:15	21:00	S1	BODY PUMP		BODY PUMP				
20:15	21:15	SCY					CYCLING VIRTUAL		
20:30	21:30	SCY	CYCLING VIRTUAL	CYCLING VIRTUAL			BODY ATTACK		
21:00	21:15	XPRESS	DUET SUSPENSION TR.	ABDOMINALES	ABDOMINALES	ABDOMINALES			
21:00	21:45	S1	BODY COMBAT	PILATES					
21:15	22:00	S1					GAP		
21:15	22:00	SCY			CYCLING VIRTUAL	CYCLING VIRTUAL			
21:30	22:15	SCY	CYCLING VIRTUAL	CYCLING VIRTUAL					

ACCEDEIX A LES ACTIVITATS DIRIGIDES ON-LINE:

TIPUS D'ACTIVIDAD	ESPÀIS
CREMA CALORIES	SALA 1
FITNESS	SALA CYCLING
PREVENÇIO I RELAX	ZONA XPRESS

*DUET FIT es reserva el dret de modificació d'aquest horari