

Inici	Final	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
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MATI

07.15	08.15	S1	BODY PUMP		BODY COMBAT	PILATES			
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				
08.15	09.15	SCY		CYCLING VIRTUAL		CYCLING VIRTUAL	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	BODY PUMP		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	GLAM DANCE						
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	ZUMBA					
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		YOGA	BODY PUMP				
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	FREE FIT	FREE FIT	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.	

TARDA

17.00	17.45	S1							
17.15	17.30	XPRESS						ABDOMINALES	
17.15	18.15	SCY	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRT.	
17.45	18.30	S1			ZUMBA				
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 VIRTUAL		CYCLING VIRT.	
18.30	19.15	S1		BODY ATTACK	YOGA		ZUMBA		
18.45	19.30	S1	ZUMBA			BODY PUMP			
19.00	19.15	XPRESS	FREE FIT	RADIKAL	DUET SUSPENSION TR.	FREE FIT			
19.00	19.45	SCY							
19.00	20.00	EXTERIOR			RUNNERS				
19.15	19.30	XPRESS						FREE FIT	
19.15	20.00	SCY	CYCLING			CYCLING			
19.15	20.00	S1			BODY COMBAT		BODY PUMP		
19.30	20.15	S1	PILATES	BODY PUMP		PILATES			
20.00	20.15	XPRESS	ABDOMINALES	DUET SUSPENSION TR.	RADIKAL	RADIKAL	RADIKAL		
20.00	20.45	S1					YOGA		
20.00	21.00	SCY					CYCLING VIRTUAL		
20.00	20.45	SCY			CYCLING				
20.15	21.00	S1	BODY PUMP	ZUMBA	BODY PUMP	BODY ATTACK			
20.15	21.15	SCY				CYCLING VIRTUAL			
20.30	21.15	SCY		CYCLING					
20.30	21.30	SCY	CYCLING VIRTUAL						
21.00	21.15	XPRESS	DUET SUSPENSION TR.	ABDOMINALES	ABDOMINALES	ABDOMINALES			
21.00	21.45	S1	BODY COMBAT	PILATES		GAP			
21.15	22.15	SCY			CYCLING VIRTUAL	CYCLING VIRTUAL			
21.30	22.30	SCY	CYCLING VIRTUAL	CYCLING VIRTUAL					

ACCEDEIX A LES ACTIVITATS DIRIGIDES ON-LINE:

TIPUS D'ACTIVIDAD	ESPAIS
CREMA CALORIES	SALA 1
FITNESS	SALA CYCLING
PREVENCIÓ I RELAX	ZONA XPRESS

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