

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
08h00 - 08h45	RADICAL FIT Dama ●		JUST PUMP Dama ●	PILATES Xabeli ● <small>08h15 09h00</small>	SPINFIT Dama ●
09h30 - 10h20	SPINFIT Jose ●	PILATES Ana ●	FIT STUDIO Dama ●	JUST PUMP Jose ●	ABDO-GLUT. Dama ●
13h15 - 14h05	JUST PUMP Ana ●	FIT STUDIO Dama ●	PILATES Xabeli ●	SPINFIT Jose ●	
13h35 - 14h25	SPINFIT Emili ●	ADV. PILATES Ricardo ●	JUST PUMP Dama ●	RADICALFIT Dama ● ●	ABDO-GLUT. Dama ●
15h30 - 16h20	FIT STUDIO Xabeli ●	SPINFIT Jose ●	BÀSIC STEP Dama ●	JUST PUMP Dama ●	PILATES Xabeli ●
18h30 - 19h20	INTERVAL STEP Ricardo ● ●	PILATES Ricardo ●	SUMBAFIT Ricardo ●	SPINFIT Emili ●	
19h30 - 20h20	SPINFIT Emili ●	ADV. STEP Ricardo ●	PILATES Ricardo ●	BÀSIC INTERVAL STEP Ricardo ● ● ●	
20h30 - 21h20	PILATES Judith ●	SPINFIT Emili ●	JUST PUMP Judith ●	FIT STUDIO Judith ●	

● Activitat Cardivascular ● Activitat de Tonificació Muscular ● Activitat de Flexibilitat, Estiraments
 Sala superior Sala inferior

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19h30 - 20h20	SPINFIT Emili ●	ADV. STEP Ricardo ●	PILATES Ricardo ●	BÀSIC INTERVAL STEP Ricardo ● ● ●	
20h30 - 21h20	PILATES Judith ●	SPINFIT Emili ●	JUST PUMP Judith ●	FIT STUDIO Judith ●	

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