DI	LLUNS	LUNS DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
45' SALA 1 ANFITEATRE	OCYCLING VIRTURL	45' OUTDOOR EXTERIOR	RUNNING	50' SALA 1 ANFITEATRE	CYCLING KEISER	50' SALA 1 ANFITEATRE	CYCLING KEISER	45' OUTDOOR EXTERIOR	RUNNING
50' zona PISCINA	AQUAGYM	50' SALA 1 ANFITEATRE 7:30	CYCLING KEISER	50' zona PISCINA 8:30	AQUAGYM	50' ZONA PISCINA	AQUASENIOR	45' SALA 1 ANFITEATRE	© CYCLING VIRTURL
50' SALA 6 BALANCE	Vinyasa loga	50' zona PISCINA 8:30	AQUASENIOR	50' SALA 6 BALANCE	Corpore loga	50' SALA 6 BALANCE	Vinyasa loga	50' ZONA PISCINA 8:30	AQUAGYM
50' SALA 6 BALANCE	loga Dinàmic	50' SALA 6 BALANCE	Corpore loga	50' zona PISCINA 9:30	AQUAGYM	50' SALA 3 POWER 9:30	Salut	50' SALA 6 BALANCE	BodeMIND
50' ZONA PISCINA	AQUAGYM	50' SALA 3 POWER	Lesmills BODYBALANCE	45' ZONA FITNESS	CROSS	50' SALA 1 ANFITEATRE	CYCLING	50' ZONA PISCINA 9:30	AQUAGYM
45' ZONA FITNESS	CROSS SYNRGY	15' zona fitness	CORE	50' SALA 3 POWER	pilates	45' ZONA FITNESS	CROSS	50' SALA 3 POWER	LesMills BODYBALANCE
50' SALA THE BOX	Barre Fit	45' SALA 3 POWER	CORE	15' ZONA FITNESS	CORE	50' SALA 6 BALANCE	Hatha loga	15' ZONA FITNESS	CORE
15' zona fitness	30 CORE	50' SALA 6 BALANCE	BodeMIND	50' SALA 1 ANFITEATRE	CYCLING KEISER	50' SALA 3 POWER	Lesmills BODYPUMP	50' SALA 1 ANFITEATRE	CYCLING KEISER
50' SALA 1 ANFITEATRE	CYCLING KEISER	50' zona PISCINA 10:30	AQUASENIOR	50' SALA 6 BALANCE	loga Dinàmic	50' zona piscina	AQUASENIOR	50' SALA 6 BALANCE	© Corpore loga
50' SALA 6 BALANCE		15' zona FITNESS	CORE	50' SALA 3 POWER	DANCE	50' SALA 6 BALANCE	* POSTPART	50' SALA 3 POWER	GOALING
50' SALA 3 POWER	30 ZVMBA SUAU	45' zona fitness	CROSS	15' zona fitness	CORE	15' ZONA FITNESS	CORE	15' ZONA FITNESS	CORE
30' SALA THE BOX	ω <u>HIPOS 30'</u>	50' SALA 6 BALANCE	Lesmills BODYBALANCE	45' SALA 3 POWER	CORE	45' ZONA FITNESS	CROSS	45' zona fitness	CROSS
50' SALA 6 BALANCE	* Q POSTPART	45' SALA 1 ANFITEATRE	© CYCLING VIRTURL	50' SALA 1 ANFITEATRE	CYCLING KEISER	50' SALA 6 BALANCE	pilates	50' SALA 3 POWER	BOMBAG
15' zona fitness		50' ZONA PISCINA	AQUADANCE	50' _{ZONA} PISCINA 15:30	AQUAGYM	45' SALA 1 ANFITEATRE	OCYCLING VIRTURL	50' SALA 1 ANFITEATRE	CYCLING KEISER
50' SALA FITNESS	CROSS SYNRGY	50' SALA 1 ANFITEATRE	CYCLING KEISER	50' SALA 1 ANFITEATRE	CYCLING KEISER	50' ZONA PISCINA	AQUADINAMIC	50' SALA 6 BALANCE	loga Dinàmic
50' SALA 3 POWER	LesMills BODYPUMP	50' SALA 6 BALANCE	pilates	50' SALA 3 POWER	GAP	45' SALA 1 ANFITEATRE	VIRTURL	45' ZONA FITNESS	SYNRGY
50' SALA 1 ANFITEATRE	CYCLING KEISER	50' SALA 3 POWER	Lesmills BODYPUMP	50' SALA 6 BALANCE	LesMILLS BODYBALANCE	50' SALA THE BOX	Barre Fit	45' SALA 1 ANFITEATRE	OCYCLING VIRTURL
50' zona piscina	AQUADINAMIC	45' SALA 3 POWER	CARDIO ATTACK	30' SALA THE BOX	<u>HIPOS 30'</u>	50' SALA 6 BALANCE	Hatha loga	50' SALA 6 BALANCE	ZVMBA
50' SALA 6 BALANCE		50' SALA 1 ANFITEATRE	CYCLING KEISER	50' SALA 1 ANFITEATRE	CYCLING KEISER	45' SALA 3 POWER	CORE	50' SALA 3 POWER	LesMills BODYPUMP
55' ZONA FITNESS		50' SALA 6 BALANCE	ESTIRAMENTS	45' zona fitness	SYNKGY	50' SALA 3 POWER	Lesmills BODYBALANCE	45' SALA 1 ANFITEATRE	OCYCLING VIRTURL
45' SALA 1 ANFITEATRE	30 VIRTURL	50' SALA 6 BALANCE	ZVMBA	50' SALA 3 POWER	Lesmills BODYPUMP	50' SALA 1 ANFITEATRE	CYCLING	50' SALA 3 POWER	pilates
50' SALA 6 BALANCE	30 SVMBA	50' SALA 2 FUSION	BOMBAG	50' SALA 6 BALANCE	DANCE	50' SALA 6 BALANCE	ESTIRA MENTS	45' SALA 1 ANFITEATRE	© CYCLING VIRTURL
50' SALA 3 POWER	7BC	50' SALA 3 POWER	TBC	45' OUTDOOR EXTERIOR	RUNNING	50' SALA 6 BALANCE	ZVMBA	50' SALA 4 TATAMI	MA
50' _{SALA 2} FUSION	BODYCOMBAT	50' SALA 1 ANFITEATRE	CYCLING KEISER	30' SALA 6 BALANCE	HIPOS 30'	50' SALA 2 FUSION	BOMBAG	45' SALA 1 ANFITEATRE	© CYCLING VIRTURL
50' SALA 1 ANFITEATRE	30 CYCLING KEISER	50' SALA THE BOX	BodeMIND	30' SALA 3 POWER	CORE	50' SALA 3 POWER	TBC		
50' SALA 3 POWER	BOMBAG	50' SALA 4 TATAMI	TAEKWONDO	50' zona PISCINA 19:30	AQUADINAMIC	50' SALA 1 ANFITEATRE	CYCLING KEISER		SSABTE
50' SALA 6 BALANCE		50' ZONA PISCINA	AQUAGYM	50' SALA 1 ANFITEATRE	CYCLING KEISER	30' SALA 3 POWER	ESTIRAMENTS	50' SALA 3 POWER	LesMills BODYPUMP
50' SALA 3 POWER	Lesmills BODYPUMP	50' SALA 3 POWER	METABÒLIC	50' SALA THE BOX	* Q EMBARÀS	50' SALA 4 TATAMI	TAEKWONDO	50' SALA 1 ANFITEATRE	CYCLING KEISER
50' SALA 6 BALANCE	logalates			50' SALA 6 BALANCE	Vinyasa loga	50' SALA 1 ANFITEATRE	© CYCLING VIRTURL		
50' SALA 1 ANFITEATRE	30 CYCLING KEISER			50' SALA 4 TATAMI	JIU-JITSU				MENGE
50' zona PISCINA	*AQUAEMBARÀS			45' SALA 1 ANFITEATRE	© CYCLING VIRTURL			45' SALA 1 ANFITEATRE	© CYCLING VIRTURL
50' SALA 4 TATAMI	JIU-JITSU								
50' SALA 6 BALANCE	30 SVMBA								
15' ZONA FITNESS	30 CORE			SP	RT®				ani ver.
45' SALA 1 ANFITEATRE	30 VIRTURL			SANT	GAIETÀ				SCITI EST. 1995