

DEL 23 AL 29 DE DESEMBRE

| | DILLUNS 23/12 | DIMARTS 24/12 | DIMECRES 25/12 | DIJOUS 26/12 | DIVENDRES 27/12 | DISSABTE 28/12 | DIUMENGE 29/12 |
|---------------|---------------------|---------------------|----------------|--------------|---------------------|---------------------|---------------------|
| 07:00 - 07:45 | BODY PUMP 1 | | | | GAC 1 | | |
| | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | | SPINNING VIRTUAL SP | | |
| 07:30 - 08:15 | | PILATES 2 | | | | | |
| 08:00 - 08:45 | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | | SPINNING VIRTUAL SP | | |
| 09:15 - 10:00 | | | | | RUNNING OUT | | |
| 09:30 - 10:15 | | BODY PUMP 1 | | | BODY BALANCE 2 | | |
| | SPINNING SP | SPINNING VIRTUAL SP | | | SPINNING VIRTUAL SP | | |
| 09:45 - 10:30 | | | | | | SPINNING VIRTUAL SP | |
| 10:30 - 11:15 | ACTIVA'T 1 | BODY BALANCE 2 | | | | | SPINNING VIRTUAL SP |
| 10:45 - 11:30 | | | | | | SPINNING VIRTUAL SP | |
| 11:00 - 11:45 | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | | SPINNING VIRTUAL SP | | |
| 11:30 - 12:15 | | | | | | | SPINNING VIRTUAL SP |
| 11:45 - 12:30 | | | | | | SPINNING VIRTUAL SP | |
| 12:00 - 12:45 | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | | SPINNING VIRTUAL SP | | |
| 12:30 - 13:15 | | | | | | | SPINNING VIRTUAL SP |
| 13:00 - 13:45 | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | | SPINNING VIRTUAL SP | | |
| 14:30 - 15:15 | | BODY BALANCE 2 | | | BODY PUMP 1 | | |
| | SPINNING SP | SPINNING VIRTUAL SP | | | | | |
| 15:30 - 16:15 | BODY PUMP 1 | | | | GAC 1 | | |
| | | | | | SPINNING VIRTUAL SP | | |
| 16:00 - 16:45 | SPINNING VIRTUAL SP | | | | | | |
| 16:30 - 17:15 | | | | | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | |
| 17:30 - 18:15 | PILATES 2 | | | | PILATES 2 | | |
| | SPINNING SP | | | | SPINNING SP | SPINNING VIRTUAL SP | |
| 18:30 - 19:15 | BODY PUMP 1 | | | | BODY PUMP 1 | | |
| | ZUMBA 2 | | | | | | |
| | SPINNING VIRTUAL SP | | | | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | |
| 19:30 - 20:15 | BE FIT EXTREM 1 | | | | ZUMBA 1 | | |
| | BODY BALANCE 2 | | | | | | |
| | SPINNING SP | | | | SPINNING SP | | |
| 20:30 - 21:15 | ZUMBA 1 | | | | | | |
| | SUSPENSÍO (30') 2 | | | | | | |
| | SPINNING VIRTUAL SP | | | | SPINNING VIRTUAL SP | | |

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DEL 30 DE DESEMBRE AL 5 DE GENER

| | DILLUNS 30/12 | DIMARTS 31/12 | DIMECRES 01/01 | DIJOUS 02/01 | DIVENDRES 03/01 | DISSABTE 04/01 | DIJUMENGE 05/01 | |
|---------------|---------------------|------------------------------|----------------------------|---------------------|---------------------|---------------------|---------------------|--|
| 07:00 - 07:45 | BODY PUMP 1 | | | | GAC 1 | | | |
| | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | | |
| 07:30 - 08:15 | | PILATES 2 | | PILATES 2 | | | | |
| 08:00 - 08:45 | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | | |
| 09:15 - 10:00 | | | | | RUNNING OUT | | | |
| 09:30 - 10:15 | | BODY PUMP 1 | | ZUMBA 1 | BODY BALANCE 2 | | | |
| | SPINNING SP | SPINNING VIRTUAL SP | | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | | |
| 09:45 - 10:30 | | | | | | SPINNING VIRTUAL SP | | |
| 10:30 - 11:15 | ACTIVA'T 1 | BODY BALANCE 2 | | GAC 1 | | | | |
| | | | | | | | SPINNING VIRTUAL SP | |
| 10:45 - 11:30 | | | | | | SPINNING VIRTUAL SP | | |
| 11:00 - 11:45 | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | | |
| 11:30 - 12:15 | | | T A N C A T | | | | SPINNING VIRTUAL SP | |
| 11:45 - 12:30 | | | | | | | SPINNING VIRTUAL SP | |
| 12:00 - 12:45 | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | |
| 12:30 - 13:15 | | | | | | | SPINNING VIRTUAL SP | |
| 13:00 - 13:45 | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | |
| 14:30 - 15:15 | | BODY BALANCE 2 | | | BODY BALANCE 2 | BODY PUMP 1 | | |
| | SPINNING SP | SPINNING VIRTUAL SP | | | SPINNING VIRTUAL SP | | | |
| 15:30 - 16:15 | BODY PUMP 1 | | | | | GAC 1 | | |
| 16:00 - 16:45 | SPINNING VIRTUAL SP | OBERT FINS LES 15.30 h | | | SPINNING SP | SPINNING VIRTUAL SP | | |
| 16:30 - 17:15 | | | | | SUSPENSIÓ (30') 2 | | | |
| | | | | | | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | |
| 17:30 - 18:15 | PILATES 2 | | | BODY PUMP 1 | | | | |
| | SPINNING SP | | | BODY BALANCE 2 | PILATES 2 | | | |
| 18:30 - 19:15 | BODY PUMP 1 | | | SPINNING VIRTUAL SP | SPINNING SP | SPINNING VIRTUAL SP | | |
| | ZUMBA 2 | | | BODY STEP 1 | BODY PUMP 1 | | | |
| | SPINNING VIRTUAL SP | | | BODY JAM 2 | | | | |
| 19:30 - 20:15 | | | | SPINNING SP | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | |
| | BE FIT EXTREM 1 | | | | | | | |
| | BODY BALANCE 2 | | | BODY PUMP 1 | ZUMBA 1 | | | |
| | SPINNING SP | | | PILATES 2 | | | | |
| 20:30 - 21:15 | | | | SPINNING VIRTUAL SP | SPINNING SP | | | |
| | ZUMBA 1 | | | RUNNING OUT | | | | |
| | SUSPENSIÓ (30') 2 | | | | | | | |
| | SPINNING VIRTUAL SP | | | BE FIT EXTREM 2 | | | | |
| | | | | SPINNING SP | SPINNING VIRTUAL SP | SPINNING VIRTUAL SP | | |

DEL 23 AL 27 DE DESEMBRE

| | DILLUNS 23/12 | | DIMARTS 24/12 | | DIMECRES 25/12 | | DIJOURS 26/12 | | DIVENDRES 27/12 | |
|---------------|---------------------------|----|---------------------------------------|----|--------------------|--|--------------------|-----------------|-----------------|----|
| 07:30 - 08:15 | AQUAGYM | PP | FITNESS AQUÀTIC | PG | | | | | FITNESS AQUÀTIC | PG |
| 09:15 - 10:00 | FITNESS AQUÀTIC | PG | AQUAGYM | PP | T A N C A T | | T A N C A T | | FITNESS AQUÀTIC | PG |
| 10:00 - 10:45 | AQUADYNAMIC | PP | AQUAGYM | PP | | | | | | |
| 10:45 - 11:30 | AQUAGYM | PP | AQUAGYM | PP | | | | | | |
| 11:30 - 12:15 | FITNESS AQUÀTIC GENT GRAN | PG | OBERT FINS LES 15.30 h | | | | | | | |
| | AQUAGYM GENT GRAN | PP | | | | | | | | |
| 15:30 - 16:15 | AQUAGYM | PP | | | | | | FITNESS AQUÀTIC | PG | |
| 19:30 - 20:15 | AQUAGYM | PP | | | | | | | | |
| 20:30 - 21:15 | AQUAGYM | PP | | | | | | | | |

DEL 30 DE DESEMBRE AL 3 DE GENER

| | DILLUNS 30/12 | | DIMARTS 31/12 | | DIMECRES 01/01 | | DIJOURS 02/01 | | DIVENDRES 03/01 | |
|---------------|---------------------------|----|---------------------------------------|----|--------------------|--|-----------------|-----------------|-----------------|----|
| 07:30 - 08:15 | AQUAGYM | PP | FITNESS AQUÀTIC | PG | | | FITNESS AQUÀTIC | PG | FITNESS AQUÀTIC | PG |
| 09:15 - 10:00 | FITNESS AQUÀTIC | PG | AQUAGYM | PP | T A N C A T | | AQUADYNAMIC | PP | FITNESS AQUÀTIC | PG |
| 10:00 - 10:45 | AQUADYNAMIC | PP | AQUAGYM | PP | | | | | | |
| 10:45 - 11:30 | AQUAGYM | PP | AQUAGYM | PP | | | | | | |
| 11:30 - 12:15 | FITNESS AQUÀTIC GENT GRAN | PG | OBERT FINS LES 15.30 h | | | | | | | |
| | AQUAGYM GENT GRAN | PP | | | | | | | | |
| 15:30 - 16:15 | AQUAGYM | PP | | | | | | FITNESS AQUÀTIC | PG | |
| 19:30 - 20:15 | AQUAGYM | PP | | | | | AQUADYNAMIC | PP | | |
| 20:30 - 21:15 | AQUAGYM | PP | | | | | AQUAGYM | PP | | |

PP Piscina Petita

PG Piscina Gran

DEL 23 AL 27 DE DESEMBRE

| | DILLUNS 23/12 | DIMARTS 24/12 | DIMECRES 25/12 | DIJOUS 26/12 | DIVENDRES 27/12 |
|---------------|-----------------------|---------------------------------------|----------------|---------------|-----------------------|
| 11:30 - 12:00 | ABDOMINALS EXPRESS SF | OBERT FINS LES 15.30 h | TANCAT | TANCAT | |
| 16:30 - 17:00 | | | | | ABDOMINALS EXPRESS SF |
| 18:00 - 18:30 | ABDOMINALS EXPRESS SF | | | | ALTA INTENSITAT SF |
| 19:30 - 20:00 | ALTA INTENSITAT SF | | | | |
| 20:30 - 21:00 | | | | | ALTA INTENSITAT SF |

DEL 30 DE DESEMBRE AL 3 DE GENER

| | DILLUNS 30/12 | DIMARTS 31/12 | DIMECRES 01/01 | DIJOUS 02/01 | DIVENDRES 03/01 |
|---------------|-----------------------|---------------------------------------|--------------------|-----------------------|-----------------|
| 11:30 - 12:00 | ABDOMINALS EXPRESS SF | OBERT FINS LES 15.30 h | TANCAT | | |
| 14:30 - 15:00 | | | | ALTA INTENSITAT SF | |
| 16:30 - 17:00 | | | | ABDOMINALS EXPRESS SF | |
| 18:00 - 18:30 | ABDOMINALS EXPRESS SF | | | ALTA INTENSITAT SF | |
| 19:30 - 20:00 | ALTA INTENSITAT SF | | | ABDOMINALS EXPRESS SF | |
| 20:30 - 21:00 | | | ALTA INTENSITAT SF | | |