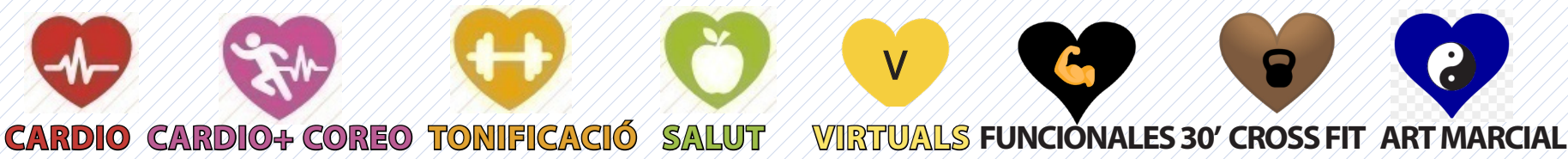


ACTIVITATS DIRIGIDES



	DILLUNS			DIMARTS			DIMECRES			DIJOUS			DIVENDRES			DISSABTE			DIUMENGE			
	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	
8:30 9:15	Virtual BODYPUMP	YOGA VINYASA	HIIT 8:45h	Virtual BODYPUMP	LES MILLS BODYBALANCE		Virtual CYCLING	TBC		Virtual BODYPUMP	PILATES		Virtual BODYPUMP	YOGA VINYASA	HIIT 8:45h	Virtual BODYPUMP			Virtual BODYPUMP			8:30 9:15
9:30 10:15	TBC	PILATES		PILATES	LES MILLS BODYPUMP		BOOT CAMP	PILATES	HIPO 9:00h	CORE 30'	LES MILLS BODYPUMP		GAP	PILATES		CYCLING	STEP	ABD 30'	Virtual BODY BALANCE	CARDIO DANCE	HIIT 30'	9:30 10:15
10:30 11:15	Virtual BODY BALANCE	POSTURAL		Virtual BODYPUMP	YOGA VINYASA	HIIT 30'	Virtual BODY BALANCE	POSTURAL		Virtual BODYPUMP	YOGA HATHA	HIIT 30'	Virtual BODY BALANCE	POSTURAL		CARDIO BOX	LES MILLS BODYPUMP		Virtual CYCLING	LES MILLS BODYPUMP		10:30 11:15
11:30 12:15	Virtual BODYPUMP	YOGA INTEGRAL	WOD 12:00	Virtual BODY BALANCE			Virtual BODYPUMP	YOGA INTEGRAL	WOD 12:00	Virtual CYCLING			Virtual CYCLING		WOD 12:00	Virtual BODYPUMP	PILATES		Virtual BODYPUMP	PILATES		11:30 12:15
12:30 13:15	Virtual BODY BALANCE			Virtual CYCLING			Virtual BODY BALANCE			Virtual BODY BALANCE			Virtual BODYPUMP			Virtual CYCLING		HIIT 30'	Virtual CYCLING		WOD 30'	12:30 13:15
13:30 14:15	Virtual CYCLING			Virtual BODY BALANCE			Virtual CYCLING			Virtual CYCLING			Virtual BODY BALANCE			Virtual BODY BALANCE			Virtual BODY BALANCE			13:30 14:15
14:30 15:15	Virtual BODYPUMP			Virtual CYCLING			Virtual BODY BALANCE			Virtual BODYPUMP			Virtual CYCLING			Virtual BODYPUMP			Virtual BODYPUMP			14:30 15:15
15:30 16:15	Virtual BODY BALANCE			Virtual BODYPUMP			Virtual CYCLING			Virtual BODY BALANCE			Virtual BODY BALANCE			Virtual CYCLING			Virtual CYCLING			15:30 16:15
16:30 17:15	Virtual CYCLING	LES MILLS BODYPUMP		Virtual BODY BALANCE	PILATES		Virtual BODYPUMP	PILATES		Virtual CYCLING	LES MILLS BODYPUMP		Virtual BODYPUMP	MUSICAL FITNESS		Virtual BODY BALANCE			Virtual BODY BALANCE			16:30 17:15
17:30 18:15	CARDIO BOX	YOGA HATHA		MUSICAL FITNESS	LES MILLS BODYPUMP		CYCLING	YOGA VINYASA		PILATES	STEP		CARDIO BOX	PILATES		Virtual BODYPUMP			Virtual BODYPUMP			17:30 18:15
18:30 19:15	ZUMBA FINEST	PILATES	CROSS FIT	CYCLING	LES MILLS BODYBALANCE	GAP	LES MILLS BODYPUMP	POSTURAL	CROSS FIT	CYCLING	LES MILLS BODYBALANCE	TBC	BOXEO FIT	ZUMBA FINEST		Virtual BODY BALANCE			Virtual BODY BALANCE			18:30 19:15
19:30 20:30	CYCLING	LES MILLS BODYPUMP	ABD 30'	STEP	YOGA POWER		CYCLING	PILATES		LES MILLS BODYPUMP	YOGA POWER		CYCLING									19:30 20:15
20:30 21:30	BOOT CAMP	YOGA HATHA		BOXEO FIT			LES MILLS BODYPUMP	YOGA HATHA		CARDIO BOX			Virtual BODYPUMP									20:30 21:30

* Activitats no incloses a la quota

CTAG es reserva el dret de modificació d'aquest horari i dels tècnics.

Horari: De dilluns a diumenge de 8:00 a 21:30h/

Els dies festius no hi ha activitats dirigides. Les activitats funcionals tenen una duració de 30 minuts