










# NOUS HORARIS

fitfigueres

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	
8:30 9:30		LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYPUMP</b>		1
8:30 9:30	 <b>SPINNING.</b>				 <b>SPINNING.</b>	2
9:30 10:30	LES MILLS <b>BODYPUMP</b>	 <b>SPINNING.</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYSTEP</b>	1
9:30 10:30						2
9:30 10:00		<b>BOXING</b>			LES MILLS <b>BODYBALANCE</b>	3
10:30 11:30		<b>G.A.C</b>	LES MILLS <b>BODYPUMP</b>		LES MILLS <b>BODYPUMP</b> LES MILLS <b>CORE</b>	1
10:30 11:00				 <b>SPINNING.</b>		2
10:30 11:00	<b>PILATES</b>					3

	DILLUNS	DIMARTS	DIMECRES	DIJOURS	DIVENDRES	
13:30 14:30		<b>LES MILLS</b> <b>tone</b>	<b>LES MILLS</b> <b>BODYATTACK</b>	<b>LES MILLS</b> <b>BODYPUMP</b>		1
13:30 14:30	 <b>SPINNING</b>				<b>LES MILLS</b> <b>CORE</b>	2
13:30 14:30	<b>FUSION</b>					3
14:30 15:30						1
14:30 15:30						2
15:30 16:30	 <b>LES MILLS</b> <b>CORE</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>G.A.C</b>	<b>STRETCHING</b>	 <b>SPINNING</b>	1
15:30 16:30						2

DILLUNS

DIMARTS

DIMECRES

DIJOUS

DIVENDRES

17:30

18:30

17:30

18:30

18:30

19:30

18:30

19:30

18:30

19:00

19:30

20:30

19:30

20:00

19:30

20:00

20:30

21:30

20:30

21:30

DISSABTE

LES MILLS  
**BODYCOMBAT**

45'  
LES MILLS  
**CORE**

G.A.C

LES MILLS  
**BODYPUMP**

 **SPINNING.**

**STRETCHING**

 **ZUMBA**  
fitness

LES MILLS  
**BODYPUMP**

LES MILLS  
**BODYATTACK**

LES MILLS  
**tone**

LES MILLS  
**BODYSTEP**

LES MILLS  
**BODYCOMBAT**

 **SPINNING.**

**PILATES**

 **SPINNING.**

 **ZUMBA**  
fitness

LES MILLS  
**BODYBALANCE**

 **ZUMBA**  
fitness

LES MILLS  
**BODYCOMBAT**

LES MILLS  
**BODYPUMP**

**BOXING**

LES MILLS  
**BODYPUMP**

LES MILLS  
**BODYBALANCE**

 **SPINNING.**

 **SPINNING.**

 **SPINNING.**

**PILATES**

LES MILLS  
**CORE**

LES MILLS  
**BODYPUMP**

LES MILLS  
**CORE**

 **SPINNING.**

10:00

1

11:00

2

1

2

1

2

3

1

2

3

1

2