





# NOUS HORARIS

fitfigueres

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:00 7:45	LES MILLS <b>BODYPUMP</b>		 <b>SPINNING</b>		
8:30 9:30	 <b>SPINNING</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYPUMP</b>	 <b>SPINNING</b>
9:30 10:30	LES MILLS <b>BODYPUMP</b>	 <b>SPINNING</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>RPM</b>	LES MILLS <b>BODYPUMP HEAVY</b>
9:30 10:30		LES MILLS <b>CEREMONY</b> STUDIO		 <b>GRIT</b>   STRENGTH	LES MILLS <b>BODYBALANCE</b>
9:30 10:00					
10:30 11:30	LES MILLS <b>PILATES</b>	LES MILLS <b>CORE</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>yoga</b>	LES MILLS <b>Shapes</b>
10:30 11:00					
10:30 11:00					

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
13:30					
14:30					
13:30					
14:30					
13:30					
14:30					
14:30					
15:30					
14:30					
15:30					
15:30					
16:30					
16:30					
17:30					

DILLUNS

DIMARTS

DIMECRES

DIJOUS

DIVENDRES

17:30  
18:30

LES MILLS  
**CORE**

G.A.C

LES MILLS  
**RPM**

LES MILLS  
**BODYCOMBAT**

LES MILLS  
**BODYPUMP**

17:30  
18:30

LES MILLS  
**CEREMONY**  
STUDIO

LES MILLS  
yoga

STRETCH  
POSTURAL

LES MILLS  
**DANCE**

18:30  
19:30

LES MILLS  
**BODYPUMP**

ZUMBA  
fitness

LES MILLS  
**BODYATTACK**

LES MILLS  
**BODYPUMP**

LES MILLS  
**BODYCOMBAT**

18:30  
19:30

LES MILLS  
**DANCE**

LES MILLS  
**BODYBALANCE**

LES MILLS  
**CEREMONY**  
STUDIO

LES MILLS  
Shapes

SPINNING.  
DANCE

18:30  
19:00

SPINNING.

SPINNING.

19:30  
20:30

LES MILLS  
**BODYCOMBAT**

LES MILLS  
**BODYPUMP**

LES MILLS  
**PILATES**

LES MILLS  
**BODYBALANCE**

LES MILLS  
yoga

19:30  
20:00

LES MILLS  
**PILATES**

LES MILLS  
Shapes

SPINNING.

LES MILLS  
**RPM**

19:30  
20:00

LES MILLS  
**GRIT** | STRENGTH

LES MILLS  
**CEREMONY**  
STUDIO

20:30  
21:30

LES MILLS  
**BODYPUMP**

DISSABTE

LES MILLS  
**BODYPUMP**

SPINNING.

10:00

11:00