

la nau

G I M N À S

INICI	FINAL	DILLUNS	DIMARTS		DIMECRES		DIJOUS		DIVENDRES	DISSABTE
9:30	10:30	BODYATTACK CXWORX	G.A.C	PILATES	BODYPUMP		FIT-BIKE	PILATES	BODYBALANCE	G.A.C 10:00h
13:30	14:30									
15:20	16:20	G.A.C	BODYATTACK CXWORX	PILATES	BODYPUMP		BODYBALANCE		BODYCOMBAT	FIT-BIKE 10:30h
18:30	19:30	BODYPUMP	FIT-BIKE		STEP	PILATES 18:45h	BODYBALANCE		PILATES 18:45h	
19:00	20:00	FIT-BIKE	G.A.C		FIT-BIKE				BODYCOMBAT	
19:45	20:45	BODYCOMBAT	CIRCUIT		BODYPUMP		BODYATTACK		FIT-BIKE	
20:15	21:15	FIT-BIKE	BODYBALANCE		CIRCUIT		FIT-BIKE		BODYPUMP	