

# la nau

## G I M N À S

INICI	DILLUNS	DIMARTS		DIMECRES		DIJOURS		DIVENDRES		DISSABTE
9:30h	<b>BODYATTACK</b> <small>LES MILLS</small> <b>CORE</b>	G.A.C	PILATES	<b>BODYPUMP</b>		FIT-BIKE	PILATES	<b>BODYBALANCE</b>		G.A.C 10:00h
13:30h	FIT-BIKE			FIT-BIKE				<small>LES MILLS</small> <b>CORE</b>		
15:20h	G.A.C	<b>BODYATTACK</b> <small>LES MILLS</small> <b>CORE</b>	PILATES	<b>BODYPUMP</b>		<b>BODYBALANCE</b>		<b>BODYCOMBAT</b>		FIT-BIKE 10:30h
18:30h	<b>BODYPUMP</b>	FIT-BIKE		STEP	PILATES	<b>BODYBALANCE</b>		PILATES	FIT-BIKE	
19:00h	FIT-BIKE	G.A.C		FIT-BIKE				<b>BODYCOMBAT</b>		
19:45h	<b>BODYCOMBAT</b>	CIRCUIT		<b>BODYPUMP</b>		<b>BODYATTACK</b>				
20:00h	FIT-BIKE	<b>BODYBALANCE</b>		CIRCUIT		FIT-BIKE		<b>BODYPUMP</b>		