

la nau

G I M N À S

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