


# la nau

## G I M N À S

HORA	DILLUNS	DIMARTS		DIMECRES	DIJOURS		DIVENDRES		DISSABTE
9:30h	CARDIO CORE	G.A.C	PILATES	<b>BODYPUMP</b>	FIT-BIKE	PILATES	<b>BODYBALANCE</b>	CIRCUIT	 <b>ZUMBA</b> 10:00h
13:30h	FIT-BIKE			FIT-BIKE					
15:20h	G.A.C	CIRCUIT	PILATES	<b>BODYPUMP</b>	<b>BODYBALANCE</b>	<b>BODYCOMBAT</b>		FIT-BIKE 10:00h	
17:30h				PILATES					
18:30h	<b>BODYPUMP</b>	G.A.C		CARDIO CORE	STEP 18:00h	<b>BODYCOMBAT</b> 18:00h	FIT-BIKE 18:00h		
19:00h	FIT-BIKE	CIRCUIT		FIT-BIKE	CIRCUIT	<b>BODYBALANCE</b>			
19:30h	<b>BODYCOMBAT</b>	<b>BODYBALANCE</b> EXPRESS 30'		<b>BODYPUMP</b>					

**CONTACTE:**

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**HORARI:**

Dilluns a divendres - 08:00h a 21:00h

Dissabte - 09:00h a 14:00h

Diumenge - TANCAT

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