

Activitats Dirigides



dilluns

Crosstraining 9:30 a 10:20
Tono 14:30 a 15:30
Strong 15:30 a 16:20
Tono 17:30 a 18:20
Crosstraining 18:30 a 19:20
loga Intens 19:30 a 20:20
loga Suau 20:30 a 21:20

dimarts

Zumba 9:30 a 10:20
Step 18:15 a 19:05
Sevillanes Ini 19:15 a 20:05
Zumba 20:15 a 21:05
Flamenco 21:10 a 22:00

dimecres

loga Suau 8:30 a 9:20
Tono 9:30 a 10:20
Crosstraining 14:30 a 15:30
Strong 15:30 a 16:20
Crosstraining 17:30 a 18:20
Tono 18:30 a 19:20
loga Intens 19:30 a 20:20

dijous

Zumba 9:30 a 10:20
Step 18:15 a 19:05
Sevillanes Av 19:15 a 20:05
Zumba 20:15 a 21:05
Flamenco 21:10 a 22:00

divendres

Crosstraining 9:30 a 10:20
Tono 14:30 a 15:30
Tono 17:30 a 18:20
Crosstraining 18:30 a 19:20

Els horaris poden estar sotmesos a canvis segons la demanda