

Inici	Final	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
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07:15	08:00	VCYCLING	VCYCLING	VCYCLING	VCYCLING	VCYCLING	
07:30	08:00		HIIT		HIIT		
07:50	08:00	CORE EXPRESS 10'		CORE EXPRESS 10'		CORE EXPRESS 10'	
09:30	10:20	TABATA	GAC	POWER CYCLING	BPUMP	POWER CYCLING	VBTONO
09:40	10:25	VCYCLING	VCYCLING		VCYCLING		VCYCLING
10:30	10:40	CORE EXPRESS 10'	CORE EXPRESS 10'	CORE EXPRESS 10'	CORE EXPRESS 10'	CORE EXPRESS 10'	CORE EXPRESS 10'
10:30	11:20	VBPUMP	VYOGA	VGAC	VPILATES 30 min.	VBTONO	STRETCHING
10:45	11:30	VCYCLING	VCYCLING	VCYCLING	VCYCLING	VCYCLING	VCYCLING

MIGDIA

13:20	14:10	STRETCHING	GAC	TABATA	BPUMP	POWER CYCLING	TABATA
13:40	14:15	VCYCLING	VCYCLING		VCYCLING		VCYCLING
14:15	15:05	VBPUMP	VGAC	VYOGA	VBTONO	VPILATES 30 min.	
14:30	15:15	VCYCLING	VCYCLING	VCYCLING	VCYCLING	VCYCLING	
15:15	16:00	STRETCHING	FUNCIONAL	GAC	FUNCIONAL	TABATA	
15:30	16:15	VCYCLING	VCYCLING	VCYCLING	VCYCLING	VCYCLING	
16:30	17:20	VBPUMP	VYOGA	VGAC	VBPUMP	VBPUMP	
16:30	17:15	VCYCLING	VCYCLING	VCYCLING	VCYCLING	VCYCLING	

TARDA

17:30	18:15	BPUMP	VBPUMP	GAC	FUNCIONAL	FUNCIONAL	
17:30	18:15	VCYCLING	VCYCLING	VCYCLING	VCYCLING	VCYCLING	
18:20	18:30	CORE EXPRESS 10'	CORE EXPRESS 10'	CORE EXPRESS 10'	CORE EXPRESS 10'	CORE EXPRESS 10'	
18:30	19:20	FUNCIONAL	TABATA	FUNCIONAL	TABATA	FUNCIONAL	
18:30	19:15	POWER CYCLING	VCYCLING	POWER CYCLING	VCYCLING	POWER CYCLING	
19:30	20:20	HIIT		TABATA		HIIT	
19:15	20:00	VCYCLING	POWER CYCLING	VCYCLING	POWER CYCLING	VCYCLING	
20:10	21:00		PILATES		PILATES	STRETCHING	
20:00	20:45	VCYCLING	VCYCLING	VCYCLING	VCYCLING	VCYCLING	

