



COMPLEJO DEPORTIVO ORRIOLS

HORARIO HORARI	SALA	LUNES DILLUNS	MARTES DIMARTS	MIERCOLES DIMECRES	JUEVES DIJOURS	VIERNES DIVENDRES	SABADO DISSABTE	DOMINGO DIUMENGE
8:15	AGUA			AQUAFITNESS		AQUAFITNESS		
9:30	1 2	YOGA	PILATES SPINNING	INTERVAL TRAINING	PILATES SPINNING	COMBAT		
10:00	1						BALANCE	
10:30	1	ZUMBA	CORE'30	ZUMBA	CORE'30	AQUAGYM		
10:45	AGUA		AQUAFITNESS		AQUAFITNESS			
11:00	1						BODYPOWER	EXPRESS'40
11:30	1			YOGA				
13:45	AGUA	AQUAFITNESS		AQUAFITNESS				
14:00	1		ZUMBA		ZUMBA			
15:30	1/AGUA	PILATES	AQUAFITNESS	PILATES	AQUAFITNESS			
16:15	AGUA	AQUAFITNESS		AQUAFITNESS				
18:00	1		PILATES		PILATES			
19:00	1 2	BODYENERGY SPINNING	BODYTONIC	BODYENERGY SPINNING	BODYTONIC	YOGA		
19:30	2		SPINNING		SPINNING			
20:00	1 2	COMBAT SPINNING	BODYPOWER	COMBAT SPINNING	BODYPOWER	GAP		
20:30	AGUA		AQUAFITNESS		AQUAFITNESS			
21:00	1	ZUMBA	PILATES	ZUMBA	PILATES			

