



SALA 1 / BOX / ICÀRIA XPRESS / PISCINA

DE L'1 AL 30 D'AGOST

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7.10 h				HBX BOXING	
8.15 h		HYROX			
9.00 h	TONO	GAC	BODY PUMP	CARDIO TONO	ZUMBA
9.15 h				HBX BOXING	
10.00 h	ESQUENA SANA	ZUMBA	BODY BALANCE	GAC	CONTROL PILATES
	FUNCIONAL		HYROX		
13.30 h		HYROX		HBX BOXING	
14.00 h	CROSS		CROSS		
		AQUAGYM 45'			
14.15 h	TONO		CARDIO TONO		
18.00 h	TONO		CONTROL PILATES		GAC
18.30 h	HBX BOXING	FAT BURN		TONO	
19.00 h	CROSS	FUNCIONAL	CROSS	FUNCIONAL	ENDURANCE
	BODY PUMP		TONO	AQUAGYM 45'	ZUMBA
19.30 h		HYROX		HBX BOXING	
		BODY PUMP		FAT BURN	
20.00 h	ESQUENA SANA		BODY PUMP		
20.30 h		ZUMBA		ZUMBA	

ICÀRIA XPRESS

SALA 1 (PRINCIPAL)

BOX

PISCINA