

PODIUM (Del 2 al 29 de Setembre)

HORA	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:15-8:05h	SALA 2	CICLISME INDOOR	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE		
	SALA 1		BODY PUMP		IBT	BODY PUMP		
	EXTERIOR			HARD CIRCUIT				
8:30-9:20h	SALA 1					ZUMBA		
	PISCINA		AQUAGYM					
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	
9:30-10:20h	SALA 1	BODY PUMP	IBT	BODY PUMP	GAC	PILATES		
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
10:30-11:20h	SALA 1	IOGA	ZUMBA	GAC	IBT		BODY COMBAT	
	PISCINA	AQUAGYM amb Step				AQUAGYM		
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
11:30-12:20h	SALA 1						BODY PUMP	
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
12:30-13:20h	PISCINA		AQUAGYM		AQUAGYM	AQUAGYM		
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
13:30-14:20h	SALA 1	Les Mills CORE	BODY COMBAT	PILATES	GAC	BODY PUMP		
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
14:30-15:20h	SALA 1		Les Mills CORE		HARD CIRCUIT INTERIOR	PILATES		
	SALA 2	CICLISME INDOOR	VIRTUAL BIKE	CICLISME INDOOR	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
15:30-16:20h	SALA 1	ZUMBA	PILATES	IBT	BODY PUMP	BODY COMBAT		
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
16:30-17:20h	SALA 1	GAC		PILATES				
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
17:30-18:20h	SALA 1	ZUMBA	BODY PUMP	Les Mills CORE	BODY BALANCE	Les Mills CORE		
	SALA 2	CICLISME INDOOR	CICLISME INDOOR	VIRTUAL BIKE	CICLISME INDOOR	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE
18:30-19:20h	SALA 1	BODY PUMP	PILATES	BODY COMBAT	IOGA	ZUMBA		
	SALA 2	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	VIRTUAL BIKE	
19:00-19:50h	PISCINA		AQUAGYM		AQUAGYM			
19:30-20:20h	SALA 1	BODY COMBAT	BODY PUMP	ZUMBA	Les Mills CORE	BODY PUMP		
	SALA 2	VIRTUAL BIKE	CICLISME INDOOR	VIRTUAL BIKE	CICLISME INDOOR	VIRTUAL BIKE		
20:00-20:50h	EXTERIOR	HARD CIRCUIT	HARD CIRCUIT	HARD CIRCUIT	HARD CIRCUIT			
20:30-21:20h	SALA 1	PILATES	HIPOPRESSIUS	BODY PUMP	PILATES			
	SALA 2	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE	VIRTUAL BIKE		



ATRIUM+PODIUM
VILADECANS ESPORTS