







# GYM LAIETÀ ACTIVITATS DIRIGIDES

## PRIMERA PLANTA

	DL	DM	DX	DJ	DV	DS
<b>MATÍ</b>						
7.30H						
9:15H	G.A.C OSCAR	IOGA 9H SUSANA		POSTURAL EUGENIO		
10:15h	ZUMBA TONO OSCAR		SPINNING VIRTUL	TONO STEP EUGENIO		
10:30H		SPINNING COTI				CROSS-LAIE ANDRES
11:15h	ESTIRAMENT OSCAR		CONTROL PILATES NEKA	SPINNING COTI	SPINNING VIRTUAL	
11:30H						ZUMBA ANDRES
12:30H						G.A.C ANDRES
<b>MIGDIA</b>						
14:00h	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	
15:00h	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	
16:00H	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	
17hs	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	
<b>TARDA</b>						
18:00h	PILATES ANGELES	HIP HOP SARA	SPINNING VIRTUAL	HIP HOP SARA		
19.00h	IOGA MAITE	IOGA SUSANA	SPINNING VIRTUAL	SPINNING COTI	ZUMBA ANDRES	
20:00h	SPINNING VIRTUAL	SPINNING COTI		FUNCIONAL COTI	SPINNING VIRTUAL	
20:15h			IOGA MAITE			

## PLANTA BAIXA

<b>MATI</b>						
7,30H						
9 HS	IOGA SUSANA			IOGA SUSANA		
9:15H		G.A.P OSCAR				
9.30h						
10.15h					CONTROL PILATES NEKA	
11.15H						
<b>TARDA</b>						
17:00h						
18:00h	STEP/G.A.C EUGENI		GYM SUAU ANGELES		GYM SUAU ANGELES	
19:00h		TONO TRAINING EUGENIO	CNTROL PILATES ANGELES			
20:00h	ESTIRAMENTS ANGELES	PEAK PILATES JULIO	ESTIRAMENT ANGELES			
21:00h						

## Diapositiva 1

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GymLaietà (Laietà); 04/08/2020