


GYM LAIETÀ ACTIVITATS DIRIGIDES

PERGOLA

	DL	DM	DX	DJ	DV	DS
MATÍ						
7.30H						
9:15H	G.A.C OSCAR	G.A.C OSCAR	TONO NEKA		ESTIRAMENT OSCAR	
10:15h	TONO OSCAR				TONO OSCAR	
10:30H		ENERGY COTI				CONDITION ANDRES
11:15h	ESTIRAMENT OSCAR		CONTROL PILATES NEKA	ENERGY COTI	ESTIRAMENT OSCAR	
11:30H						TONO ANDRES
12:30H						DINAMYC G.A.C ANDRES
MIGDIA						
14:00h						
TARDA						
18:00h	PILATES ANGELES		GYM SUAU ANGELES			
19.00h	TONO ANGELES	ENERGY COTI	CONTROL PILATES ANGELES	PILATES COTI	FUNCIONAL ANDRES	
20:00h			ESTIRAM ENT ANGELES	FUNCIONAL COTI		
20:15h						

ESPACIO VERDE

MATÍ						
7,30H						
9 HS						
9:15H						
9.30h						
10.15h					CONTROL PILATES NEKA	
11.15H						
TARDA						
17:00h						
18:00h					ESTIRAMENT ANGELES	
19:00h					TONO ANGELES	
20:00h					IOGA ANGELES	
21:00h						