
















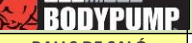
GYM LAIETÀ

ACTIVITATS DIRIGIDES

PRIMERA PLANTA

	DL	DM	DX	DJ	DV	DS
MATÍ						
7:30H P1		SPINNING FRANCO	 LESMILLS BODYBALANCE	SPINNING FRANCO		
9:15H P1	G.A.C OSCAR	IOGA FRANCO	IOGA 9hs FRANCO	POSTURAL EUGENIO	ESTIRAMENTS OSCAR	
10:15h P1	ZUMBA TONO OSCAR			 LESMILLS BODYSTEP	G.A.C OSCAR	
10:30H		SPINNING FRANCO				CROSSPORT DANIEL
11:15h P1	ESTIRAMENTS OSCAR		CONTROL PILATES NEKA	SPINNING FRANCO	ESTIRAMENTS OSCAR	
11:30H						ZUMBA FAMILIAR ANDRES
12:30H						SPINNING JULIAN
MIGDIA						
14:10h P1	TONO ANGELES		 LESMILLS BODYPUMP		 LESMILLS BODYBALANCE	
TARDA						
18:10h P1	CONTROL PILATES ANGELES		TONO BOX FRANCO	 LESMILLS BODYBALANCE	TONO-BALL ANGELES	
18:30h P1		HIP HOP_ 18Hs				
19:10h P1	IOGA MAITE	IOGA FRANCO	SPINNING FRANCO	 ZUMBA	EN FORMA ANGELES	
19:30h P1						
20:10h P1	 LESMILLS CXWORX	SPINNING FRANCO			CROSSPORT CARLOS	SPINNING JULIAN
20:45h P1	SPINNING JULIAN		IOGA 20.15H MAITE			

PLANTA BAIXA

MATÍ						
7,30H PB	 LESMILLS BODYPUMP					
9 HS	IOGA FRANCO					
9:15H PB		ESQUENA SANA DANIELA	 LESMILLS BODYPUMP	IOGA FRANCO		
9.30h PB					 LESMILLS BODYPUMP	
10.15h PB		TONIFICACION DANIELA	 LESMILLS BODYBALANCE	ZUMBA TONO OSCAR	CONTROL PILATES NEKA	
11.15H		ESTIRAMENT DANIELA		T.B.C OSCAR		
TARDA						
17:00h PB				HIP HOP	LINE DANCE BLANCA	
18:10h PB	 LESMILLS BODYSTEP	 LESMILLS CXWORX 18.30	GYM SUAU ANGELES	HIP HOP		
19:10h PB	 LESMILLS BODYPUMP	TONO TRAINING EUGENIO	CONTROL PILATES ANGELES	 LESMILLS BODYSTEP	COUNTRY AVANÇAT (18:30h)	
20:10h PB	ESTIRAMENTS ANGELES	PEAK PILATES JULIO	FIT-BALL ANGELES	 LESMILLS BODYPUMP	IOGA DINAMICO ANGELES	
21:00h PB				BALLS DE SALÓ MARIA		