

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE i DIUMENGE
10:00 a 10:55 Sala cycling	9:45 a 10:40 Sala 3	10:00 a 10:55 Sala 3 Sala 1	9:45 a 10:40 Sala 1	9:00 a 9:45 Sala 1 10:00 a 10:55 Sala 3	11:00 a 11:55 Sala Cycling
15:15 a 16:10 Sala 1 Sala 3	15:15 a 16:10 Sala cycling	15:15 a 16:10 Sala 1	15:15 a 16:10 <i>ENT. EN SUSPENSIO</i> Sala 1 Sala 3	15:15 a 16:10 Sala 1	18:00 a 18:55 Sala Cycling
18:00 a 18:55 Sala 1 Sala 3	18:30 a 19:25 Sala 1 Sala Cycling	18:00 a 18:55 Sala 1 Sala 3	18:00 a 18:55 30' Sala 2 Sala 1	18:00 a 18:55 Sala 1	
19:00 a 19:55 <i>MixStyles</i> Sala 1 Sala cycling	19:00 a 19:30 30' Sala 2 20' Gym	19:00 a 19:55 <i>ENT. EN SUSPENSIO</i> Sala 1 Sala 3 45' Sala cycling	18:30 a 19:25 Sala cycling Kids 30' Sala 2	18:30 a 19:00 Kids 30' Sala 2	
20:00 a 20:55 Sala 1 <i>ABDOMINALS HIPOPRESSIUS</i> Sala 3	19:30 a 20:25 Sala 1 Sala cycling	20:00 a 20:55 30' Sala 2 Sala Cycling	19:00 a 19:55 OFERTA Sala 1 Sala 3 20' Gimnàs	19:00 a 19:55 Sala 3 Sala 1 Sala cycling	
21:00 a 21:55 Sala cycling	20:00 a 20:55 Sala 3 Sala 2	20:30 a 21:15 30' Sala 2 Sala Cycling Sala 3	20:00 a 20:55 Sala 1 kids Sala 3	20:00 a 20:55 Sala 1 Sala 3	
	20:30 a 21:25 Sala 1		20:30 a 21:15 45' Sala Cycling		
	21:00 a 21:55 Sala 3		21:00 a 22:00 Sala 3 Sala 1		

HORARI URBAN SPORT

De Dilluns/Lunes a Divendres/Viernes

De 8:00 a 22:30

Dissabte/Sábado, Diumenge/Domingo i festius/festivos

De 9:00 a 13:00 i 17:00 a 20:00

Informació i reserva

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