

# ACTIVITATS DIRIGIDES URBAN SPORT

DILLUNS	
09:15 a 10:00	Sala 3
10:00 a 10:55	Sala cycling
15:15 a 16:10	Sala 1 Sala 3
17:30 a 17:55	Sala 1
18:00 a 18:55	Sala 1 Sala 3
19:00 a 19:25	ABS GYM
19:00 a 19:55	Sala 1 Sala cycling
19:00 a 19:55	Sala 2 Sala 2
20:00 a 20:55	Sala 1 Sala 2

DIMARTS	
09:00 a 09:45	Sala 1
9:45 a 10:40	Sala 3
15:15 a 16:10	Sala cycling
18:00 a 18:25	Sala 1
18:30 a 18:55	Sala 1
18:30 a 19:45	Sala 3
19:00 a 19:55	Sala 1
19:00 a 19:55	Sala 1
19:30 a 19:55	ABS GYM
19:30 a 20:25	Sala cycling Sala 3
20:00 a 20:55	Sala 1 Sala 2

DIMECRES	
09:15 a 09:55	Sala 1
10:00 a 10:45	Sala 3
15:15 a 16:10	Sala 1
17:30 a 17:55	Sala 1
18:00 a 18:45	Sala 1
18:45 a 19:25	Sala 1
19:00 a 19:55	Sala 3 Sala Cycling
19:00 a 19:25	ABS GYM
19:00 a 19:25	Sala 2
19:30 a 20:25	Sala 1
20:00 a 21:25	Sala 3
20:00 a 20:55	Sala cycling
20:30 a 21:15	Sala 1

DIJOUS	
9:45 a 10:40	Sala 1
11:00 a 11:55	Sala 1
15:15 a 16:10	Sala 1 Sala cycling
18:00 a 18:55	Sala 1
18:30 a 19:25	Sala cycling
19:00 a 19:25	ABS GYM
19:00 a 19:55	Sala 1
19:30 a 20:25	Sala 2
20:00 a 20:55	Sala cycling Sala 1

DIVENDRES	
9:15 a 10:00	Sala 1
15:15 a 16:10	Sala 1
17:00 a 17:55	Sala 1
18:00 a 18:55	Sala 3
18:00 a 18:55	Kids Sala 1
19:00 a 19:25	ABS GYM
19:00 a 19:55	Sala 3 Sala Cycling
19:00 a 19:55	Kids Sala 3
19:00 a 19:55	Sala 2
20:00 a 20:55	Sala 1 Sala 3

