HORARI SETMANAL

SOHO BADALONA FIT

	DILLUNS				DIMARTS				DIMECRES				DIJOUS				DIVENDRES				DS	DM
	BOX	SALA 4	SALA 3	SALA 2	BOX	SALA 4	SALA 3	SALA 2	BOX	SALA 4	SALA 3	SALA 2	BOX	SALA 4	SALA 3	SALA 2	BOX	SALA 4	SALA 3	SALA 2		
7:15				GAC				body pump		cycling						body pump						
7:30																						
7:45																						
8:00																						
8:15																						
8:30	endurance								endurance							pilates						
8:45																						
9:00								abdominals													body pump	body combat
9:15																						
9:30			zumba				soho woman			soho dance				body pump				urban dance				
9:45																						
10:00																						
10:15																					cycling	body balance
10:30			body pump			body combat				soho woman				cycling				body balance				
10:45																						
11:00																						
11:15																					body pump	
11:30																						
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13:00																						
13:15																						
13:30		cycling				body pump				cycling						body pump						
13:45																						
14:00																						
14:15			soho woman				body combat				body pump				cross training							
14:30																						
14:45																						
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15:15																						
15:30																						
15:45																						
16:00																						
16:15																						
16:30			body combat				body pump				GAC				body pump							
16:45																						
17:00											ioga							endurance				
17:15			pilates				GAC								pilates							
17:30										funct. 30												
17:45																				estiraments		
18:00	cross training				cross training				cross training				cross training									
18:15		cycling	boot camp	woman GAC			boot camp	body balance		cycling	boot camp	body pump				zumba		cycling		body pump		
18:30														abdominals								
18:45														estiraments								
19:00																						
19:15	cross training	cycling	body balance	body pump		cycling	fit boxing	soho woman	cross training	body balance		woman GAC	cross training inicació	cycling	fit boxing	body combat	cross training			zumba		
19:30																						
19:45																						
20:00																						
20:15			fit boxing	soho woman			body combat			cycling	pilates	zumba			body pump					pilates		
20:30	endurance				endurance								endurance									
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