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				body pump	cross training					cycling						body pump						
7:30																						
7:45																						
8:00																						
8:15																						
8:30	pilates					body pump			cross training					body balance								
8:45																						
9:00																					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 balance					soho woman			cycling					body balance				
10:45																						
11:00																						
11:15																					body pump	
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14:15		soho woman				body combat					body pump		cross training									
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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																						
17:45																						
18:00																						
18:15	cross training	cycling	boot camp	woman GAC	cross training	cycling	boot camp	body balance	cross training	cycling	boot camp	body pump	cross training	abdominals	soho woman			cycling		zumba		
18:30														estiraments								
18:45																						
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			body pump		
19:30																						
19:45																						
20:00																						
20:15		fit boxing	soho woman			ioga	body combat			cycling	zumba			pilates	body pump					pilates		
20:30	endurance								endurance													
20:45																						
21:00																						
21:15																						
21:30																						