HORARI SETMANAL

SOHO BADALONA FIT

	DILLUNS				DIMARTS				DIMECRES				DIJOUS				DIVENDRES				DSBT
	BOX	SALA 4	CYCLING	SALA 2	BOX	SALA 4	CYCLING	SALA 2	BOX	SALA 4	CYCLING	SALA 2	BOX	SALA 4	CYCLING	SALA 2	BOX	SALA 4	CYCLING	SALA 2	
7:30				body pump			cycling					body pump									
7:45																					
8:00															cycling						
8:15																					
8:30	funct. 30								funct. 30								funct. 30				
8:45																					
9:00	GAC				abdominals				GAC								GAC				body pump
9:15																					
9:30	funct. 30			zumba				soho woman				body pump	funct. 30			zumba		fit boxing		soho dance	
9:45																					
10:00																					cycling
10:15																					
10:30			cycling	body pump			cycling	body combat			cycling	pilates			cycling	soho woman				body balance	
10:45																					
11:00																					
11:15																					
11:30																					
11:45																					
12:00																					
12:15																					
12:30																					
12:45																					
13:00																					
13:15																					
13:30			cycling	body pump			soho woman		cross training		cycling					body balance				endurance	
13:45															cycling						
14:00					cross training																
14:15				soho woman		fit boxing										soho woman					
14:30	funct. 30								funct. 30												
14:45																					
15:00																					
15:15																					
15:30						GAC								abdominals							
15:45																					
16:00																					
16:15																					
16:30	GAC					body pump			GAC					body pump							
16:45																					
17:00		ioga								ioga							endurance		pilates		
17:15																					
17:30	endurance												funct. 30								
17:45																					
18:00		boot camp + abdominals			GAC					boot camp + abdominals	cycling	body pump	GAC								
18:15			cycling	zumba				body balance								soho latino			cycling	soho woman	
18:30	cross training				cross training				cross training				cross training	power ioga							
18:45																					
19:00																					
19:15			cycling	body pump		fit boxing / running	cycling	soho woman				soho woman		fit boxing / running	cycling					body pump	
19:30	cross training	pilates SUSP			cross training				cross training	body balance						body combat	cross training				
19:45																					
20:00													abdominals								
20:15				soho woman				body combat			cycling	zumba				body pump				zumba	
20:30	endurance				endurance				endurance				endurance								
20:45																					
21:00																					
21:15		fit boxing								body pump											
21:30																					
21:45																					
22:00																					