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																					
7:45																					
8:00																					
8:15																					
8:30	funct. 30								funct. 30								funct. 30				
8:45																					
9:00	GAC				abdominals				GAC								GAC				
9:15																					
9:30			zumba			soho woman				body pump			zumba					soho dance			body pump
9:45																					
10:00																					
10:15																					
10:30			body pump			body combat				cycling				soho woman				body balance			cycling
10:45																					
11:00																					
11:15																					
11:30		cycling																			soho woman
11:45																					
12:00																					
12:15																					
12:30																					cycling
12:45																					
13:00																					
13:15																					
13:30		body pump				soho woman			cross training	cycling			estiraments								
13:45																					
14:00					cross training																
14:15		soho woman				fit boxing								soho woman							
14:30									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							endurance		pilates		
17:15																					
17:30	endurance												funct. 30								
17:45																					
18:00		GAP + abdominals			GAC					GAP + abdominals			GAC				GAP + abdominals				
18:15			cycling	zumba			body balance				cycling	body pump			soho dance				cycling	woman GAC	
18:30	cross training				cross training				cross training				cross training								
18:45																					
19:00																					
19:15			cycling	body pump	fit boxing / running		cycling	soho woman				soho woman	fit boxing / running		cycling	body combat				body pump	
19:30	cross training				cross training inicació				cross training	body balance			cross training inicació				cross training				
19:45																					
20:00																					
20:15		soho woman					body combat				cycling	zumba			body pump				zumba		
20:30	endurance				endurance				endurance				endurance								
20:45																					
21:00																					
21:15																					
21:30																					
21:45																					
22:00																					