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								body pump						
7:30																						
7:45																						
8:00																						
8:15																						
8:30																						
8:45																						
9:00								pilates														body pump
9:15																						
9:30			zumba					soho woman			soho dance				body pump				urban dance			
9:45																						
10:00																						
10:15																						cycling
10:30			body pump											cycling					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			cycling						body pump						
13:45																						
14:00																						
14:15			soho woman								body pump											
14:30																						
14:45																						
15:00																						
15:15																						
15:30																						
15:45																						
16:00																						
16:15																						
16:30							body pump									body pump						
16:45																						
17:00																						
17:15			pilates				GAC								pilates							
17:30																						
17:45																						
18:00	cross training		boot camp	woman GAC	cross training		body balance		boot camp	body pump			cross training		zumba			cycling	body pump			
18:15																						
18:30																						
18:45																						
19:00																						
19:15		cycling	body balance	body pump		cycling		soho woman	cross training			woman GAC		cycling	body combat		cross training			pilates		
19:30																						
19:45																						
20:00																						
20:15				soho woman				body combat		cycling		pilates				body pump						
20:30	endurance																					
20:45																						
21:00																						
21:15																						
21:30																						