

# MODIFICACIONS HORARI AADD SETMANA CSIO

Hores		Sala	Dijous 2 Oct.	Divendres 3 Oct.	Dissabte 4 Oct.	Diumenge 5 Oct.
7:15	8:15	PND				
7:30	8:15	3C	CYCLING- Xavi	CYCLING- Blay		
7:35	8:30	1	FUNCIONAL TRAINING-Diana			
8:15	8:30	GYM	ESQUENA SANA			
8:30	9:15	3C				
8:35	9:30	2	EN FORMA-Hugo	TOTAL TRAINING -Nieves		
9:00	9:45	3C	CYCLING VIRTUAL	CYCLING VIRTUAL		
9:00	9:45	PA	AQUAGYM-Diana			
9:00	10:15	1	YOGA-Barbara Borgia			
9:05	10:00	4		PILATES- Blay		
9:35	10:30	2	TONO-Sandra	ZUMBA-Nieves	GAC	
9:35	10:30	4				PILATES
10:00	11:15	4			YOGA	
10:00	10:45	3C		CYCLING VIRTUAL	CYCLING	CYCLING
10:35	11:30	2		TOT BODY-Nieves	TOT BODY	TONO
10:35	11:30	2	PILATES-Sandra			
11:00	11:45	PA	AQUAFIT- Diana			
11:00	11:45	3C			CYCLING VIRTUAL	CYCLING VIRTUAL
11:35	12:30	1			FITNESS HIIT	
11:35	12:30	2		GYM SUAU-Juani		GAC
11:40	12:35	2			PILATES	
11:45	13:00	2	YOGA-Barbara Borgia			
12:00	12:45	PA	AQUAFIT-Sara	AQUAGYM-Barbara F.		AQUAFIT
12:00	12:45	3C			CYCLING VIRTUAL	CYCLING VIRTUAL
13:00	13:45	3C	CYCLING VIRTUAL	CYCLING VIRTUAL		
13:15	14:10	2	PILATES-Sandra			
14:15	15:00	3C	CYCLING-Sergi	CYCLING-Kir		
14:15	15:00	1	BODY PUMP- Hugo	FUNCIONAL TRAINING -Javi N		
14:35	15:30	2	TOT BODY-J. Rubio	TOTAL TRAIN- Sara		
15:10	15:30	1	Abdominal 20'-Hugo	Abdominal 20'-Kir		
17:35	18:30	1	GAC-Kir			
17:35	18:30	2		CORE-Kir		
17:35	18:30	4		PILATES-Hugo		
17:45	18:30	3C	CYCLING VIRTUAL	CYCLING VIRTUAL		
18:05	19:00	2	TONO-Irene			
18:05	19:00	1		BODY PUMP- Sergi		
18:35	19:30	1	ZUMBA - Nieves			
18:35	19:30	2		TOT BODY-Hugo		
18:45	19:30	3C	CYCLING-Kir	CYCLING-Kir		
19:05	20:15	1		YOGA-Barbara Borgia		
19:00	19:45	PA	AQUAFIT-Nico			
19:05	20:00	EXT	CROSS TRAINING- Oscar			
19:05	20:00	2	TOT BODY-Sergi			
19:35	20:30	1	BODY PUMP- Diana			
19:45	20:30	3C	CYCLING-Kir	CYCLING VIRTUAL		