



COMPLEJO DEPORTIVO PATRAIX

HORARIO HORARI	SALA	LUNES DILLUNS	MARTES DIMARTS	MIERCOLES DIMECRES	JUEVES DIJOURS	VIERNES DIVENDRES	SABADO DISSABTE	DOMINGO DIUMENGE
8:15	AGUA	*AQUAFITNESS	SPINNING	*AQUAFITNESS	SPINNING	*AQUAFITNESS		
9:30	GYM 1 2	OMNIA YOGA COMBO	ZUMBA BALANCE	OMNIA YOGA COMBO	ZUMBA BALANCE	ZUMBASTRONG HIPOPRESIVOS		
10:00	AGUA 3	AQUAFITNESS SPINNING	AQUAFITNESS SPINNING	AQUAFITNESS SPINNING	AQUAFITNESS SPINNING	AQUAFITNESS SPINNING	OMNIA	OMNIA
10:30	1 2	PILATES BODYPOWER	RADIKAL HIPOPRESIVOS	PILATES RADIKAL	RADIKAL HIPOPRESIVOS	PILATES RADIKAL		
10:45	AGUA	*AQUAFITNESS	AQUAFITNESS	*AQUAFITNESS	AQUAFITNESS		BODYPOWER	OMNIA
11:30	1	ZUMBA	THAICHI	ZUMBA	THAICHI			
12:00	3						SPINNING	
13:00	GYM	OMNIA	OMNIA	OMNIA	OMNIA	OMNIA		OMNIA
14:00	1 3		BODYPOWER		BODYPOWER			
		SPINNING		SPINNING		SPINNING		

HORARIO DE MAÑANAS * AQUAFITNESS

15:30	3 AGUA 1	SPINNING AQUAFITNESS PILATES	COMBO-HIT AQUAFITNESS	SPINNING AQUAFITNESS PILATES	COMBO-HIT AQUAFITNESS	COMBO-HIT		
16:15	AGUA	AQUAFITNESS		AQUAFITNESS				
16:30	1		BALANCE		BALANCE			
17:00	GYM		OMNIA		OMNIA	OMNIA		
17:30	1	EXPRESS'30		EXPRESS'30				
18:00	1 2	ZUMBA THAI-CHI	LATINOS CROSSTRaining	ZUMBA PILATES	LATINOS CROSSTRaining	ZUMBA		
19:00	1 2 3 AGUA	YOGA RADIKAL SPINNING AQUAFITNESS	PILATES BODYENERGY SPINNING AQUAFITNESS	YOGA RADIKAL SPINNING AQUAFITNESS	PILATES BODYENERGY SPINNING AQUAFITNESS	BALANCE - CROSSTRaining SPINNING		
19:45	AGUA	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS			
20:00	1 2 3	BODYPOWER CARDIOSTEP SPINNING	ZUMBA CARDIOBOX SPINNING	BODYPOWER CARDIOSTEP SPINNING	ZUMBA CARDIOBOX SPINNING	CARDIOBOX AQUATONIC		
20:30	AGUA	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS			
21:00	1	EXPRESS'30		EXPRESS'30				