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		
7:00				body pump	cross training					cycling						body pump						
7:15																						
7:30																						
7:45																						
8:00																						
8:15																						
8:30				pilates				body pump	cross training							body balance						
8:45																						
9:00																					body pump	body combat
9:15																						
9:30				zumba				soho woman				soho dance				body pump				urban dance		
9:45																						
10:00																					cycling	body balance
10:15																						
10:30				body pump				body balance				soho woman		cycling						body balance		
10:45																						
11:00																					body pump	
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13:15																						
13:30				cycling				body pump		cycling						body pump						
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14:00																						
14:15				soho woman				GAC				body pump	cross training									
14:30																						
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15:45																						
16:00																						
16:15																						
16:30				body combat				body pump				GAC				body pump						
16:45																						
17:00												ioga								endurance		
17:15				pilates				GAC								pilates						
17:30																						
17:45																						
18:00	cross training	cycling	boot camp	woman GAC	cross training		boot camp	body balance	cross training		boot camp	body pump	cross training	abdominals	soho woman			cycling		zumba		
18:15														estiraments								
18:30																						
18:45																						
19:00																						
19:15	cross training	cycling	body balance	body pump		cycling	fit boxing	soho woman	cross training	cycling	body balance	woman GAC	cross training inicació	cycling	fit boxing	body combat	cross training			body pump		
19:30																						
19:45																						
20:00																						
20:15			fit boxing	soho woman		ioga	body combat			cycling	zumba			pilates	body pump					pilates		
20:30	endurance								endurance													
20:45																						
21:00																						
21:15																						