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			wo man GAC					pilates								
8:45																						
9:00																						
9:15																					body pump	body pump
9:30				body pump		soho wo man				soho dance				body pump				urb an dance				
9:45																						
10:00																						
10:15																					cycling	body balance
10:30				body combat		body balance				soho wo man				cycling				body balance				
10:45																						
11:00																						
11:15																					body combat	
11:30																						
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13:15																						
13:30		cycling				body pump				cycling						body pump						
13:45																						
14:00																						
14:15				soho wo man		GAC						body pump		cross training								
14:30																						
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16:00																						
16:15																						
16:30				body combat		body pump				GAC				body pump								
16:45																						
17:00										ioga								boot cam p				
17:15				pilates										pilates								
17:30						GAC																
17:45														abdominals								
18:00														estirament s								
18:15	cross training		boot cam p	wo man GAC	cross training		boot cam p	body balance	cross training		boot cam p	body pump	cross training		soho wo man	body pump		cycling		zumba		
18:30																						
18:45																						
19:00																						
19:15	cross training	cycling	body balance	body pump		cycling	fit boxing	soho wo man	cross training	cycling	body balance	wo man GAC		cycling	fit boxing	body combat	cross training			body pump		
19:30																						
19:45																						
20:00																						
20:15			fit boxing	soho wo man		ioga		body combat		cycling		zumba			pilates	body pump				pilates		
20:30	endurance								endurance													
20:45																						
21:00																						
21:15																						