



# AGOST 2010

## DIRIGIDES

### DEL 1 AL 8

HORARI	SALA	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
9:30-10:15	S-1	STEP-TONO	Ca	CYCLING	Da	BODY PUMP	Ca	AEROBIC	Ca	B. COMBAT	Ca
18:30-19:15	S-1	GAC	Ka	TBC	Ka	B.COMBAT	Eu	CORPORE	Ka	GAC	Ka
19:15-20:00	S-1	B. COMBAT	Eu	STEP	Eu	B. PUMP	Eu	AEROSALSA	Je	STEP	Eu
20:00-20:45	S-1	B.PUMP	Eu	AEROBIC	Eu	GAC	Ka	TONO	Je	B. PUMP	Eu
20:00-20:50	SC	CYCLING	JR	CYCLING	JC	CYCLING	LA	CYCLING	ED	CYCLING	JC

### MONITORS Sala 1 i 2

Ca	Carla
Je	Jennifer
Eu	Eugenia
Ka	Carolina

### DEL 9 AL 31

HORARI	SALA	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
9:30-10:15	S-1	STEP-TONO	Ka	CYCLING	Da	BODY PUMP	Ka	AEROBIC	Ka	B. COMBAT	Ka
18:30-19:15	S-1	GAC	Je	TBC	Je	B.COMBAT	Je	CORPORE	Je	GAC	Je
19:15-20:00	S-1	B. COMBAT	Je	STEP	Je	B. PUMP	Je	AEROSALSA	Je	STEP	Je
20:00-20:45	S-1	B.PUMP	Je	AEROBIC	Je	GAC	Je	TONO	Je	B. PUMP	Je
20:00-20:50	SC	CYCLING	JR	CYCLING	JC	CYCLING	LA	CYCLING	ED	CYCLING	JC

### SALA CYCLING

Ed	Eduard
Da	Dalila
JR	Jordi Rubio
JC	Juanky
La	Laureà

La direcció es reserva el dret a fer qualsevol canvi en aquest horari

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IQ-05/AD

Ed.0

1/8/10

## SALA FITNESS

**FEINERS DE 7 A 22H**  
**DISSABTES DE 10 A 15H**  
**DIUMENGES TANCAT**