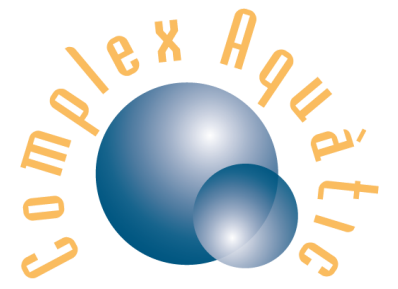
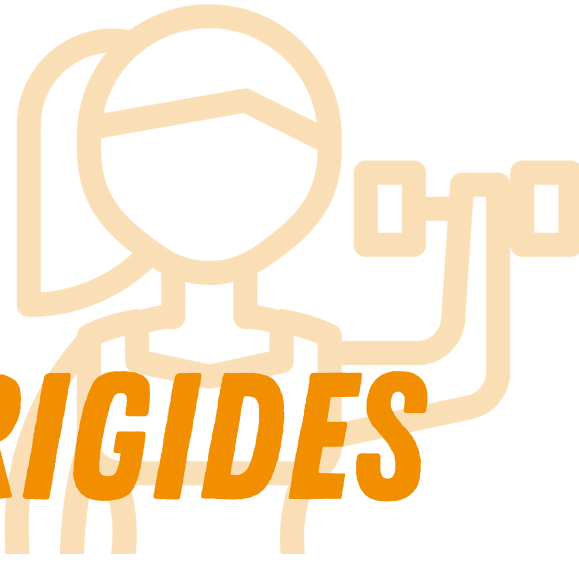


# HORARI ACT. DIRIGIDES



AJUNTAMENT VILAFRANCA DEL PENEDÈS

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7.00	BALANCE	CYCLING	BODYPUMP	CYCLING		
8.00	CYCLING		EST. & MOBILITAT		CYCLING	
9.15	GYMGLOBAL	BALANCE	GAC	BODYPUMP	ZUMBA	CYCLING
10.15	CORE	ZUMBA +60	CORE	WOD	EST. & MOBILITAT	BODYPUMP
12.00		CYCLING	TALLER CÒRRER 11.15 H	CYCLING		CORE 11.15 H
13.45	CYCLING	CARDIOBOX	BALANCE	LATINO	GYMGLOBAL	
15.15	WOD	BALANCE	CARDIOBOX	BODYPUMP	SH'BAM	
17.15	GAC	CYCLING	BODYPUMP	CYCLING	WOD	
18.15	BALANCE	WOD	GYMGLOBAL	EST. & MOBILITAT	CARDIOBOX	
19.15	BODYPUMP	CROSS TRAINING	CYCLING	SH'BAM	BODYPUMP	
	TALLER CÒRRER 19.15 H		TALLER CÒRRER 19.15 H			
20.15	CYCLING	CORE	LATINO	CROSS TRAINING	CYCLING	
	BALANCE					