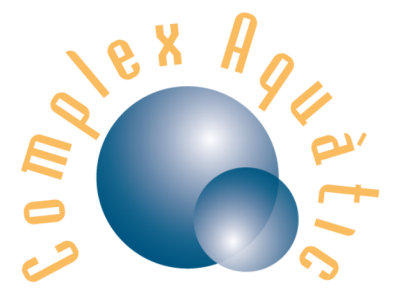
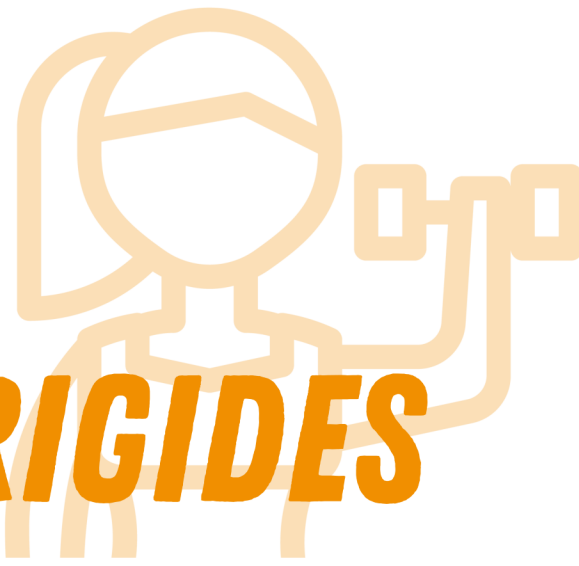


# HORARI ACT. DIRIGIDES



AJUNTAMENT VILAFRANCA DEL PENEDÈS

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7.00	BALANCE	CYCLING	BODYPUMP	CYCLING		
8.00	CYCLING		CYCLING		CYCLING	
9.15	GYMGLOBAL	BALANCE	GAC	BODYPUMP	ZUMBA	CYCLING
10.15	CORE	ZUMBA +60	CORE	WOD	EST. & MOBILITAT	BODYPUMP
12.00		CYCLING	TALLER CÓRRER 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 CÓRRER 19.15 H		TALLER CÓRRER 19.15 H			
20.15	CYCLING	CORE	LATINO	CROSS TRAINING	CYCLING	
	BALANCE					