FITNESS FACTORY CLUB

HORARI:
· De dilluns a divendres: de 6:00 a 23:00h
· Dissabte: de 9:00 a 21:00h
· Diumenge: de 9:00 a 14:00h

INFORMACIÓ:
· T. 937 575 900
· fitnessfactoryclub.com

HORARI D'ACTIVITATS

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE		DIUMENGE	
	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT
7:00	7:00	SPINNING	7:00	TONO	7:00	SPINNING	7:00	ESQUENA SANA	7:00	SPINNING				
			7:00	CROSS FACTORY	7:00	G.A.C.	7:00	CROSS FACTORY	7:00	T.B.C. VIRTUAL				
8:00	8:00	TONO	8:00	PILATES	8:00	A. GYM	8:00	G.A.C.	8:00	BODYBALANCE				
9:00	9:15	AQUAFITNESS	9:15	A. GYM	9:15	AQUAFITNESS	9:15	A. GYM	9:15	AQUAFITNESS				
	9:30	HATHA IOGA	9:30	SPINNING	9:30	ESQUENA SANA	9:30	SPINNING	9:30	ZUMBA				
	9:30	BODYPUMP	9:30	PILATES	9:30	G.A.C.	9:30	BODYBALANCE	9:30	PILATES				
10:00	10:30	ESQUENA SANA	10:30	HATHA IOGA	10:30	HIPORESSIUS	10:30	HATHA IOGA	10:30	BODYPUMP	10:00	SPINNING	10:30	T.B.C.
	10:30	T.B.C.	10:30	A. GYM	10:30	B. COMBAT	10:30	A. GYM	10:30	ESQUENA SANA				
11:00	11:30	A. GYM			11:30	A. GYM			11:30	A. GYM	11:00	BODYPUMP	11:30	SPINNING
13:00	13:15	SPINNING VIRTUAL	13:15	CIRCUIT TRAINING	13:15	STRECHING	13:15	CIRCUIT TRAINING	13:15	G.A.C.				
14:00			14:00	G.A.C.			14:00	BODYPUMP						
15:00	15:15	CROSS FACTORY	15:15	SPINNING	15:15	T.B.C. STRONG	15:15	SPINNING	15:15	CROSS FACTORY				
	15:30	A. GYM			15:15	CROSS FACTORY	15:15	HALTEROFÍLIA	15:15	B. COMBAT				
					15:30	A. GYM								
16:00			16:15	A. GYM			16:15	A. GYM						
17:00	17:15	SPINNING	17:00	PILATES	17:00	ESQUENA SANA	17:15	B. COMBAT	17:15	PILATES				
	17:40	ABS EXPRESS					17:40	ABS EXPRESS						
18:00	18:00	ESQUENA SANA	18:00	HATHA VINYASA	18:00	PILATES	18:00	HATHA VINYASA	18:00	BODYPUMP				
	18:15	G.A.C.	18:15	CORE	18:15	SALSA CARDIO	18:15	TONO-TBC	18:00	SH'BAM				
			18:15	SPINNING	18:15	JUMPING	18:15	ZUMBA						
			18:15	CROSS FACTORY			18:15	CIRCUIT TRAINING						
			18:15	DANCE CARDIO										
19:00	19:00	HATHA VINYASA	19:00	PILATES	19:15	F. COMBAT	19:15	CORE	19:00	TONO				
	19:00	A. GYM	19:15	FUNCIONAL TRAINING	19:00	BODYBALANCE	19:15	SPINNING	19:00	IOGA + MEDITACIÓ 1:30h				
	19:15	BODYPUMP	19:15	SPINNING	19:15	SH'BAM	19:15	ESQUENA SANA	19:15	A. GYM				
	19:15	CROSS FACTORY			19:15	CROSS FACTORY	19:15	BACHATA & LATINO	19:15	CROSS FACTORY				
	19:15	STRECHING BASE			19:30	HIGH INTENSITY			19:15	SPINNING				
									19:30	BACHATA NIVEL 1*				
20:00	20:15	FUNCIONAL TRAINING	20:00	HATHA VINYASA	20:15	SPINNING	20:00	CROSS FACTORY						
	20:15	SH'BAM	20:00	CROSS FACTORY	20:15	BODYPUMP	20:15	STRONG						
	20:15	SPINNING	20:15	STEP - TONO			20:15	SALSA NIVEL 1 *						
	20:15	PILATES	20:15	ZUMBA										