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	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.						
8:00	TONO	8:00	PILATES	8:00	A. GYM	8:00	G.A.C.	8:00	BODYBALANCE				
8:15	A. GYM												
9:15	AQUAFITNESS	9:15	A. GYM	9:15	AQUAFITNESS	9:15	A. GYM	9:15	AQUAFITNESS				
9:15	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				
10:30	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	10:30	CROSSFIT TOTAL: 1:30h		
		10:30	HBX boxing										
11:30	A. GYM			11:30	A. GYM			11:30	A. GYM	11:00	BODYPUMP	11:30	SPINNING
		13:15	CIRCUIT TRAINING			13:15	CIRCUIT TRAINING	13:15	G.A.C.				
		14:00	G.A.C.	14:00	HBX boxing	14:00	BODYPUMP						
15:15	G.A.C.	15:15	SPINNING	15:15	T.B.C. STRONG	15:15	SPINNING	15:15	CROSS FACTORY				
15:15	CROSS FACTORY			15:15	CROSS FACTORY	15:15	HALTEROFÍLIA	15:15	BODYPUMP				
15:30	A. GYM			15:30	A. GYM								
		16:15	A. GYM			16:15	A. GYM						
17:15	SPINNING	17:00	PILATES	17:00	ESQUENA SANA	17:15	SPINNING	17:15	PILATES				
								17:15	G.A.G. Express 30'				
18:15	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	JUMPING	18:15	TONO-TBC	18:00	SH'BAM				
18:15	ZUMBA	18:15	SPINNING			18:15	ZUMBA						
		18:15	CROSS FACTORY			18:15	CIRCUIT TRAINING						
		18:15	DANCE CARDIO										
19:00	HATHA VINYASA	19:00	PILATES	19:00	BODYBALANCE	19:15	CORE	19:00	TONO				
19:00	A. GYM	19:15	SPINNING	19:15	B. COMBAT	19:15	SPINNING	19:00	IOGA SUAU: 1:30h				
19:15	BODYPUMP	19:15	B. ATTACK	19:15	SH'BAM	19:15	ESQUENA SANA	19:15	A. GYM				
19:15	CROSS FACTORY	19:15	SALSA CARDIO	19:15	CROSS FACTORY	19:15	STEP	19:15	CROSS FACTORY				
19:15	PILATES FIT			19:30	HIGH INTENSITY	19:15	HBX boxing	19:15	SPINNING				
				19:30	SPINNING			19:15	ZUMBA				
20:15	STEP - TONO	20:00	HATHA VINYASA	20:15	BODYPUMP	20:00	CROSS FACTORY						
20:15	SH'BAM	20:00	CROSS FACTORY	20:15	PILATES FIT	20:15	STRONG						
20:15	SPINNING	20:00	HBX boxing										
20:15	PILATES	20:15	ZUMBA										
		20:15	BODYPUMP										