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:
937 575 900
607 600 916
info@fitnessfactoryclub.com

HORARI D'ACTIVITATS AADD

	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	GLUTEBOOM	7:00	SPINNING	7:00	ESQUENA SANA	7:00	SPINNING				
			7:00	CROSS TRAINING	7:00	T.B.C.	7:00	CROSS TRAINING						
							7:00	FULL BODY						
8:00	8:00	G.A.C.	8:00	PILATES	8:00	A. GYM	8:00	G.A.C.	8:00	BODYBALANCE				
	8:00	A. GYM							8:00	A. GYM				
9:00	9:00	AQUAFITNESS	9:15	A. GYM	9:00	AQUAFITNESS	9:15	A. GYM	9:00	AQUAFITNESS	9:15	CIRCUIT TRAINING		
	9:15	HATHA IOGA	9:30	SPINNING	9:30	ESQUENA SANA	9:30	BODYBALANCE	9:15	PILATES	9:30	PILATES		
	9:15	FUNCTIONAL TRAINING	9:30	PILATES	9:30	G.A.C.	9:30	SPINNING	9:15	FUNCTIONAL TRAINING				
	9:30	BODYPUMP							9:30	ZUMBA				
10:00	10:00	A. GYM	10:30	HATHA IOGA	10:00	A. GYM	10:30	HATHA IOGA	10:30	ESQUENA SANA	10:00	SPINNING	10:30	T.B.C.
	10:30	ESQUENA SANA	10:30	A. GYM	10:30	HIPOPRESSIUS	10:30	A. GYM	10:30	BODYPUMP	10:30	CIRCUIT FITNESS FEMENÍ		
	10:30	T.B.C.	10:30	B. COMBAT NOU!	10:30	BODYPUMP NOU!								
11:00	11:30	A. GYM	11:30	COS i MOVIMENT	11:30	A. GYM	11:30	COS i MOVIMENT	11:30	A. GYM	11:00	CROSS TRAINING	11:30	SPINNING
	11:30	COS i MOVIMENT			11:30	COS i MOVIMENT					11:00	BODYPUMP		
13:00			13:15	CIRCUIT TRAINING			13:15	CIRCUIT TRAINING						
14:00			14:00	G.A.C.	14:00	HBX boxing	14:00	BODYPUMP						
15:00	15:15	CROSS TRAINING	15:15	SPINNING	15:15	T.B.C. STRONG	15:15	SPINNING	15:15	CROSS TRAINING				
	15:15	G.A.C.			15:15	CROSS TRAINING	15:15	CROSS TRAINING	15:15	BODYPUMP				
	15:30	A. GYM			15:30	A. GYM								
16:00			16:15	A. GYM			16:15	A. GYM						
17:00	17:00	BODYPUMP	17:00	PILATES	17:00	ESQUENA SANA	17:00	CROSS TRAINING	17:00	PILATES				
	17:00	PILATES	17:00	CROSS TRAINING			17:00	TOTAL BODY G.A.C. NOU!	17:00	G.A.C.				
			17:15	SPINNING										
18:00	18:15	ESQUENA SANA	18:00	IOGA SUAU	18:00	PILATES	18:00	HATHA VINYASA	18:00	BODYPUMP				
	18:15	G.A.C.	18:00	LATINO	18:15	JUMPING	18:00	B. COMBAT	18:00	YOGUILATES				
	18:15	ZUMBA	18:15	CORE			18:15	ZUMBA	18:15	BANG!				
	18:15	SPINNING	18:15	CIRCUIT TRAINING			18:00	SPINNING NOU!	18:15	SPINNING				
							18:15	CIRCUIT TRAINING						
19:00	19:15	A. GYM	19:00	PILATES	19:00	BODYBALANCE	19:15	CORE	19:00	HATHA VINYASA 1:30h				
	19:15	HATHA VINYASA	19:15	B. ATTACK	19:15	B. COMBAT	19:15	SPINNING	19:15	A. GYM				
	19:15	BODYPUMP	19:15	SPINNING	19:15	BANG!	19:15	ESQUENA SANA	19:15	CROSS TRAINING				
	19:15	CROSS TRAINING	19:15	DANCE CARDIO	19:15	CROSS TRAINING	19:15	STEP	19:15	TONO				
	19:15	PILATES FIT	19:15	AQUAFITNESS	19:15	SPINNING	19:15	HBX boxing						
	19:30	SPINNING			19:15	HIGH INTENSITY								
20:00	20:15	G.A.C.	20:00	HATHA VINYASA	20:15	BODYPUMP	20:00	CROSS TRAINING						
	20:15	BANG!	20:00	HBX boxing	20:15	PILATES FIT	20:15	STRONG						
	20:15	PILATES	20:00	CROSS TRAINING			20:15	ZUMBA						
			20:15	BODYPUMP										
			20:15	ZUMBA										