FITNESS FACTORY CLUB
PAÏSOS CATALANS

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:
930 377 227
www.fitnessfactoryclub.com
paisoscatalans@fitnessfactoryclub.com

HORARI D'ACTIVITATS AADD

		DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE
SALES	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT
SALA 1												
SALA 2	7:00	LesMills BODYPUMP	7:00	TOTAL BODY	7:00	LesMills BODYCOMBAT	7:00		7:00	CROSS TRAINING	7:00	
SALA 3								SPINNING				
SALA 1				PILATES BARRE						ESQUENA SANA		
SALA 2	8:00	GAC	8:00		8:00	GAC	8:00	CROSS TRAINING	8:00		8:00	
SALA 3												
SALA 1		PILATES				PILATES						IOGA RESTAURATIU
SALA 2	9:15	ZUMBA	9:15	LesMills BODYCOMBAT	9:15	TOTAL BODY	9:15	LesMills CORE	9:15	LesMills BODYPUMP	9:15	
SALA 3				SPINNING						SPINNING		SPINNING
SALA 1		HATHA IOGA		LesMills BODYBALANCE		HATHA IOGA		LesMills BODYBALANCE		PILATES		PILATES BARRE
SALA 2	10:15		10:15	LesMills BODYPUMP	10:15	LesMills CORE	10:15	GAC	10:15	CROSS TRAINING	10:15	LesMills BODYPUMP
SALA 3		SPINNING										
SALA 1		COS i MOVIMENT		COS i MOVIMENT		LesMills BODYBALANCE		COS i MOVIMENT		PILATES BARRE		LesMills BODYBALANCE
SALA 2	11:15		11:15		11:15		11:15		11:15		11:15	
SALA 3												
SALA 1												
SALA 2	13:15		13:30		13:30	CROSS TRAINING	13:30	TOTAL BODY	13:30	CROSS TRAINING	13:30	
SALA 3												
SALA 1												
SALA 2	15:15	LesMills BODYPUMP	15:15	boxing	15:15	GAC	15:15	LesMills CORE	15:15	ZUMBA	15:15	
SALA 3												
SALA 1						PILATES BARRE						
SALA 2	16:15		16:15	LesMills BODYPUMP	16:15		16:15	boxing	16:15		16:15	
SALA 3												
SALA 1								COS i MOVIMENT				
SALA 2	17:15	boxing	17:15	GAC	17:15	LesMills CORE	17:15	TOTAL BODY	17:15		17:15	
SALA 3		SPINNING								SPINNING		
SALA 1		ESQUENA SANA		COS i MOVIMENT		PILATES BARRE		PILATES				
SALA 2	18:15	ZUMBA	18:15	LesMills BODYSTEP	18:15	ZUMBA	18:15	LesMills BODYATTACK	18:15	LesMills BODYPUMP	18:15	
SALA 3				SPINNING								
SALA 1		PILATES BARRE		PILATES		IOGA RESTAURATIU		ESQUENA SANA				
SALA 2	19:15	LesMills BODYCOMBAT	19:15	LesMills BODYATTACK	19:15	LesMills BODYPUMP	19:15	LesMills BODYSTEP	19:15	LesMills BODYCOMBAT	19:15	
SALA 3		SPINNING				SPINNING						
SALA 1		IOGA RESTAURATIU		ESQUENA SANA		PILATES				LesMills BODYBALANCE		
SALA 2	20:15	LesMills BODYPUMP	20:15	boxing	20:15	LesMills BODYCOMBAT	20:15	LesMills CORE	20:15		20:15	
SALA 3												