

HORARIS: **AERO-TONO**
TEMPORADA 2014

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7.30 a 8.00					
8.00 a 9.00					
9.00 a 10.00					
11.00					
12.00					
13.00					
14.00					
15.00					
15.30 a 17.00					
17.00 a 18.00					
17.30 a 18.30					
18.30 a 19.30	Aero-tono	Aero-tono			
19.30 a 20.30	Spin-Bike	Fit-Ball	Tono-Bike-Suau	Aero-tono	
19.30 a 21.30					
20.00 a 20.30					
20.30 a 21.30		Spin-Bike		Spin-Bike	
20.30 a 22.00					

Horaris generals :

DILLUNS	DIMECRES	DIVENDRES	OBRIM de 7,30 a 22,00 hores Migdia OBERT
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DIMARTS	DIJOUS		OBRIM de 10,00 a 13,00 hores i de 16,30 a 22,00 hores
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