



c/ Joan Reglà , 5 - (Estació Bus)

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HORARIS: AERO-TONO

| | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|---------------|----------------|-------------|----------|-----------|-----------|
| 7.15 a 8.00 | | | | | |
| 8.00 a 9.00 | | | | | |
| 9.00 a 10.00 | | | | | |
| 11.00 a 11.00 | | | | | |
| 11.00 a 12.00 | | | | | |
| 12.00 a 13.00 | | | | | |
| 13.00 a 14.00 | | | | | |
| 14.00 a 15.00 | | | | | |
| 15.00 a 16.00 | | | | | |
| 15.30 a 17.30 | | | | | |
| 17.00 a 18.00 | | | | | |
| 17.30 a 18.30 | | | | | |
| 18.00 a 19.00 | | | | | |
| 18.30 a 19.30 | | | | | |
| 19.00 a 20.00 | Cross Training | Tonificació | Fit-Ball | Bike-Tono | |
| 19.00 a 20.30 | | | | | |
| 19.30 a 20.30 | | | | | |
| 19.30 a 21.30 | | | | | |
| 20.00 a 21.00 | | Spin-Bike | | Spin-Bike | |
| 20.30 a 22.00 | | | | | |
| 21.00 a 22.00 | | | | | |

Horaris generals :

| | | | |
|---------|----------|-----------|---|
| DILLUNS | DIMECRES | DIVENDRES | OBRIM de 7,15 a 22,00 hores Migdia OBERT |
|---------|----------|-----------|---|

| | | | |
|---------|--------|--|--|
| DIMARTS | DIJOUS | | OBRIM de 10,00 a 13,00 hores i de 16,30 a 22,00 hores |
|---------|--------|--|--|