

HORARI DE SALA DE FITNESS

La Bonaigua
Complex Esportiu Municipal



TÈCNICS A SALA DE FITNESS

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:00							
7:30							
7:45							
8:00	EVA	EVA	EVA	EVA	EVA		
8:15						ROTATIU	
8:30							
8:30	EVA		TONI				
8:45							
8:45							
9:00	ABD EXPRESS		ABD EXPRESS		ABD EXPRESS	ABD EXPRESS	ROTATIU
9:15		ABD EXPRESS				ROTATIU	
9:30							ABD EXPRESS
9:45							
10:00	TONI	TONI	TONI	MIREIA	TONI		
10:15							
10:30							ROTATIU
10:45							
11:00							
11:15	ABD EXPRESS	ABD EXPRESS	ABD EXPRESS	ABD EXPRESS	ABD EXPRESS	ROTATIU	
11:30							
11:30	TONI	EVA				ABD EXPRESS	ABD EXPRESS
11:45						ROTATIU	
12:00							
12:00	EVA		ALBERT	EVA			
12:15							
12:30							
12:45							
13:00	EVA						
13:00							
13:00							
13:15							
13:30		TONI					
13:30							
13:30							
13:45							
14:00	ABD EXPRESS			ABD EXPRESS			
14:15							
14:30	TONI			TONI			
14:45							
15:00							
15:15							
15:30							
15:30							
15:45							
16:00					ORIOL		
16:15							
16:30	ORIOL	ORIOL	ORIOL				
16:45							
17:00							
17:00							
17:15							
17:30							
17:45		ABD EXPRESS					
18:00	ABD EXPRESS		ABD EXPRESS	ORIOL			
18:15							
18:30					ABD EXPRESS		
18:45							
19:00	ORIOL	ORIOL	ORIOL		ORIOL		
19:00							
19:15							
19:30							
19:45							
20:00	ABD EXPRESS		ABD EXPRESS		ABD EXPRESS		
20:15							
20:30							
20:45		ABD EXPRESS		ABD EXPRESS			
21:00	ORIOL		ORIOL		ORIOL		
21:15							
21:30		ORIOL		ORIOL			
21:45							
22:00							

