



CNMOLINS HORARIS AADD ESTIU

31 AGOST - 6 SETEMBRE

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:05	AIGUAGIM	LES MILLS BODYPUMP (S2)	AIGUAGIM	LES MILLS BODYPUMP (S2)	AIGUAGIM
7:30		ESQUENA SANA (S1)		ESQUENA SANA (S1)	
8:15	AIGUAGIM		AIGUAGIM		AIGUAGIM
8:30	EN FORMA (S2)	ESQUENA SANA (S1)	EN FORMA (S2)	ESQUENA SANA (S1)	
9:15	AIGUAGIM		AIGUAFONS	AIGUAFONS	
9:30	COUNTRY (S1)	TBC (S2)	COUNTRY (S1)	ZUMBA (S1)	LES MILLS BODYPUMP (S2)
	LES MILLS BODYPUMP (S2)	CYCLING (S3)	TBC (S2)	LES MILLS BODYPUMP (S2)	
			CROSS TRAINING		
10:30	ZUMBA (S1)	LES MILLS BODYPUMP (S1)	LES MILLS BODYPUMP (S1)	LES MILLS BODYBALANCE (S2)	LES MILLS BODYBALANCE (S2)
	LES MILLS BODYBALANCE (S2)	PILATES (S2)	LES MILLS BODYBALANCE (S2)		
11:30	GAC (S1)	HIPOPRESSIUS (S1)		HIPOPRESSIUS (S1)	
15:15	TBC (S2)		LES MILLS BODYPUMP (S2)	ZUMBA (S1)	
17:15	HATHA IOGA (S1)	LES MILLS BODYPUMP (S1)	LES MILLS BODYBALANCE (S1)	PILATES (S1)	LES MILLS BODYPUMP (S2)
	SH'AEROBIC (S2)				
18:15	LES MILLS BODYPUMP (S2)	LES MILLS BODYBALANCE (S1)	CORE (S1)	LES MILLS BODYPUMP (S1)	LES MILLS BODYBALANCE (S2)
		ZUMBA (S2)	PILATES (S2)	ZUMBA (S2)	HATHA IOGA (S1)
19:00	CROSSTRAINING		CROSS TRAINING		
19:15	LES MILLS BODYBALANCE (S2)	CORE/HIIT (S1)	SH'AEROBIC (S1)	CORE/HIIT (S1)	CYCLING (S3)
		AIGUAGIM		AIGUAGIM	
20:15	CORE (S2)	TBC (S1)	LES MILLS BODYPUMP (S1)	PILATES (S1)	

27 JULIOL - 2 AGOST

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:05	AIGUAGIM	LES MILLS BODYPUMP (S2)	AIGUAGIM	LES MILLS BODYPUMP (S2)	AIGUAGIM
7:30		ESQUENA SANA (S1)		ESQUENA SANA (S1)	
8:15	AIGUAGIM		AIGUAGIM		AIGUAGIM
8:30	EN FORMA (S2)	ESQUENA SANA (S1)	EN FORMA (S2)	ESQUENA SANA (S1)	
8:45		CROSS TRAINING (30')		CROSS TRAINING (30')	
9:15	AIGUAGIM	AIGUAGIM	AIGUAFONS	AIGUAFONS	
9:30	COUNTRY (S1)		COUNTRY (S1)	ZUMBA (S1)	LES MILLS BODYPUMP (S1)
	LES MILLS BODYPUMP (S2)	TBC (S2)	LES MILLS BODYPUMP (S2)		
		CYCLING (S3)	CROSSTRAINING	CYCLING (S3)	
10:30	ZUMBA (S1)	CORE (S1)			ESTIRAMENTS (S1')
	LES MILLS BODYBALANCE (S2)	PILATES (S2)	LES MILLS BODYBALANCE (S2')	LES MILLS BODYPUMP (S2)	
11:30	GAC (S1)	HIPOPRESSIUS (S1)		HIPOPRESSIUS (S1)	
15:15	LES MILLS BODYPUMP (S2)	LES MILLS BODYBALANCE (S2)	TBC (S2)		
16:15	LES MILLS BODYBALANCE (S2)	TBC (S2)	LES MILLS BODYPUMP (S2)		
17:15		LES MILLS BODYPUMP (S1)		PILATES (S1)	
	SH'AEROBIC (S2)	PILATES (S2)	LES MILLS BODYBALANCE (S2)	TBC (S2)	
17:30			CROSS TRAINING		LES MILLS BODYPUMP (S2)
17:45	CROSS TRAINING				
18:15	HATHA IOGA (S1)	LES MILLS BODYBALANCE (S1)		LES MILLS BODYPUMP (S1)	
	LES MILLS BODYPUMP (S2)	ZUMBA (S2)	CORE (S2)	ZUMBA (S2)	
	CYCLING (S3)	CROSSTRAINING	CYCLING (S3)	CYCLING (S3)	
18:30					HATHA IOGA (S1)
	CROSS TRAINING			CROSS TRAINING	CROSS TRAINING
19:15		CORE/HIIT (S1)	HATHA IOGA (S1)	CORE/HIIT (S1)	
	LES MILLS BODYBALANCE (S2)	PILATES (S2)	SH'AEROBIC (S2)		
	CYCLING (S3)		CROSS TRAINING	CROSS TRAINING	
19:30		AIGUAGIM		AIGUAGIM	
20:15	CORE (S2')	TBC (S1)		PILATES (S1)	
	CROSS TRAINING		LES MILLS BODYPUMP (S2)		



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3 AGOST - 9 AGOST

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOURS	DIVENDRES
9:15	AIGUAGIM		AIGUAGIM		
9:30	LES MILLS BODYPUMP (S2)	LES MILLS BODYBALANCE (S2)		LES MILLS BODYBALANCE (S2)	CORE (S2)
		CROSS TRAINING	CYCLING (S3)	CROSS TRAINING	
10:30	LES MILLS BODYBALANCE (S2)	CORE (S2)	CORE (S2)	CYCLING (S3)	LES MILLS BODYBALANCE (S2)
15:30	PILATES (S2)	TBC (S1)		LES MILLS BODYBALANCE (S1)	
16:30	LES MILLS BODYPUMP (S2)	LES MILLS BODYBALANCE (S1)	LES MILLS BODYBALANCE (S2)	LES MILLS BODYPUMP (S1)	
17:30	LES MILLS BODYBALANCE (S2)	PILATES (S1)	LES MILLS BODYPUMP (S2)	CORE / HIIT (S1)	
	CYCLING (S3)	ZUMBA (S2)	CYCLING (S3)	ZUMBA (S2)	LES MILLS BODYPUMP (S2)
18:30	HATHA IOGA (S1)	LES MILLS BODYPUMP (S1)	HATHA IOGA (S1)	SH'AEROBIC (S1)	HATHA IOGA (S1)
	CORE/HIIT (S2)	CYCLING (S3)	PILATES (S2)	CYCLING (S3)	
19:00	CROSS TRAINING	AIGUAGIM	CROSS TRAINING	AIGUAGIM	CROSS TRAINING

10 AGOST - 16 AGOST

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOURS	DIVENDRES
9:15	AIGUAGIM		AIGUAGIM		
9:30	LES MILLS BODYPUMP (S2)	TBC (S1)	CYCLING (S3)	LES MILLS BODYPUMP (S2)	CORE (S2)
10:30	LES MILLS BODYBALANCE (S2)	PILATES (S1)	CORE (S2)	CYCLING (S3)	ESTIRAMENTS (S2)
15:30	LES MILLS BODYBALANCE (S2)	LES MILLS BODYPUMP (S2)		LES MILLS BODYPUMP (S2)	
16:30	SH'AEROBIC (S2)	PILATES (S1)	LES MILLS BODYBALANCE (S2)	CORE (S2)	
17:30	LES MILLS BODYPUMP (S2)	ZUMBA (S2)	LES MILLS BODYPUMP (S2)	PILATES (S1)	
	HATHA IOGA (S1)	LES MILLS BODYBALANCE (S1)			LES MILLS BODYPUMP (S2)
18:30	CORE/HIIT (S2)	LES MILLS BODYPUMP (S1)	HATHA IOGA (S1)	ZUMBA (S2)	HATHA IOGA (S1)
		CROSS TRAINING	TBC (S2)	CROSS TRAINING	CROSS TRAINING
19:00	CROSS TRAINING	AIGUAGIM		AIGUAGIM	

17 AGOST - 23 AGOST

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOURS	DIVENDRES
9:15	AIGUAGIM		AIGUAGIM		
9:30	LES MILLS BODYPUMP (S2)	CORE (S2)	LES MILLS BODYPUMP (S2)	CYCLING (S3)	LES MILLS BODYPUMP (S2)
10:30	ESTIRAMENTS (S2)	CYCLING (S3)	ESTIRAMENTS (S2)	CROSS TRAINING	ESTIRAMENTS (S2)
16:30	TBC (S2)	LES MILLS BODYBALANCE (S1)	LES MILLS BODYPUMP (S2)	TBC (S1)	
17:30	PILATES (S2)	TBC (S2)	CYCLING (S3)	PILATES (S1)	LES MILLS BODYPUMP (S2)
18:30		LES MILLS BODYPUMP (S1)	HATHA IOGA (S1)	CROSS TRAINING	CROSS TRAINING
	CROSS TRAINING	ZUMBA (S2)		ZUMBA (S2)	
19:00		AIGUAGIM	CROSS TRAINING	AIGUAGIM	

24 AGOST - 30 AGOST

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOURS	DIVENDRES
9:15	AIGUAGIM		AIGUAGIM		
9:30	LES MILLS BODYPUMP (S2)	CYCLING (S3)	TBC (S2)	CROSS TRAINING	LES MILLS BODYPUMP (S2)
10:30	LES MILLS BODYBALANCE (S2)	LES MILLS BODYPUMP (S2)	LES MILLS BODYPUMP (S2)	LES MILLS BODYBALANCE (S2)	LES MILLS BODYBALANCE (S2)
15:30	TBC (S2)		LES MILLS BODYPUMP (S2)		
17:30	LES MILLS BODYBALANCE (S1)	LES MILLS BODYPUMP (S1)	CYCLING (S3)	LES MILLS BODYBALANCE (S2)	LES MILLS BODYPUMP (S2)
18:30		ZUMBA (S2)		ZUMBA (S2)	CYCLING (S3)
19:00	CROSS TRAINING	AIGUAGIM	CROSS TRAINING	AIGUAGIM	

