

HORARIS CLASSES DIRIGIDES

del 20 al 31 de maig



	20/05/2024	21/05/2024	22/05/2024	23/05/2024	24/05/2024
07:30-08:20	FESTIU				CARDIO TABATA
9:30:0-10:20		STRECH		TOTAL TRAIN	STRECH
11:00-11:50		HITT		GAC	
12:00-12:50			TONO	STRECH	HITT
13:30-14:20		GAC	GLOBAL	FUNCIONAL	TONO
16:30-17:20		PILATES			
17:30-18:20		CYCLING		CIRCUIT	
18:30-19:20		FUNCIONAL	STRECH	CYCLING	
19:30-20:20			CIRCUIT		
20:30-21:00			GAC		

	27/05/2024	28/05/2024	29/05/2024	30/05/2024	31/05/2024
07:30-08:20					CARDIO TABATA
9:30:0-10:20	GAC	STRECH		TOTAL TRAIN	STRECH
11:00-11:50		HITT		GAC	
12:00-12:50	ABDOMINALS		TONO	STRECH	HITT
13:30-14:20	CIRCUIT	GAC	GLOBAL	CYCLING	TONO
16:30-17:20		PILATES			
17:30-18:20		CYCLING		CIRCUIT	
18:30-19:20	CARDIO TABATA	FUNCIONAL	STRECH	CYCLING	
19:30-20:20	TONO		CIRCUIT		
20:30-21:00			GAC		