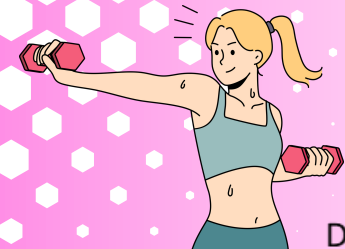
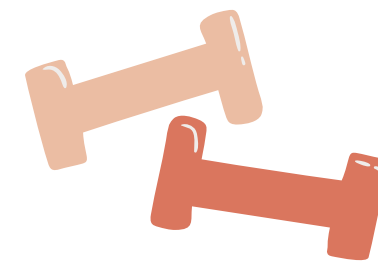
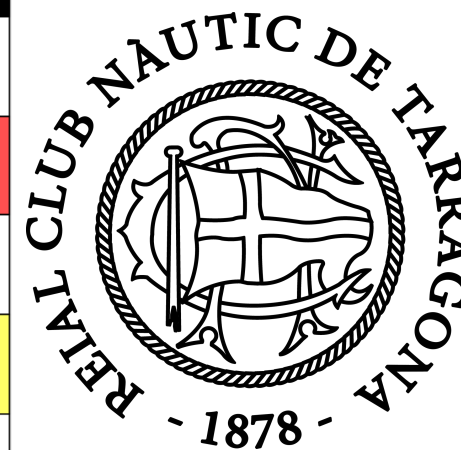


ACTIVITATS DIRIGIDES



| | Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
|-------|-----------------------|--------------------|----------------------|-----------------------|---------------------|----------------------|-------------------------|
| 08:15 | DUMBBELLS® | | FIT PILATES | | TONIFICACIÓ | | |
| 09:30 | | HATHA IOGA | GAC+HIPO | CICLO OUTDOOR | POWER IOGA | 9h HATHA IOGA | |
| 10:30 | | | | | | PILATES | AEROBIC TRAINING |
| | | | | | | | |
| 17:30 | TONIFICACIÓ | ZUM TONO | NAUTIC CORE | FLAS | DUMBBELLS® | | |
| 18:00 | | | | | | | |
| 18:30 | 18.15h BALANCE | FIT PILATES | | ZUM TONO | PILATES | | |
| 19:00 | CICLO-OUTDOOR | | CICLO-OUTDOOR | | | | |
| 19:30 | | TONIFICACIÓ | BALL EN LÍNEA | CROSS TRAINING | IOGA VINYASA | | |
| 20:00 | CICLO-OUTDOOR | | | | | | |



• L'HORARI POT VARIAR SENSIBLEMENT ALGUNA SETMANA, QUAN FEU LA RESERVA A "MI CLUB ONLINE", CONSULTEU SEMPRE EL CORRECTE.

• ELS CONVIDATS S'HAN DE GESTIONAR A LA SECRETARIA DEL CLUB.

