

Restriccions 2021

- Classes presencials exteriors
- ▲ Classes presencials exteriors i *Online*

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7.15	SPINNING Dani ● B	MATT PILATES Marta ▲ B		MATT PILATES Marta ▲ B			
9.00	IOGA (H) Magda ▲ B		IOGA (H) Magda ▲ B				
9.30	MANTENIMENT Ignasi ● M				BALLS LLATINS Salut ● A		
9.30	SPINNING Dani ● B		SPINNING Dani ● B		SPINNING Jose ● B		
9.30	BALLS LLATINS Salut ● A	MATT PILATES Marta ▲ B		MATT PILATES Marta ▲ B			
9.30		INDOOR WALKING Jose 45' ● B	BALLS LLATINS Salut ● A	INDOOR WALKING Jose ● B			
10.00					ZUMBA Fede ● A		
10.00					SPINNING Jose ● B		
10.30		MATT PILATES Marta ▲ B		MATT PILATES Marta ▲ B			SPINNING Dani ● B
10.30		SUPER TRAINING Jordi M. ● B			TONO Magda ▲ B		
10.30	MATT PILATES Inma ▲ B		MATT PILATES Inma ▲ B				
11.00					SUPER TRAINING Fede ● B		
11.00					SPINNING Jose ● B		
11.00		IOGA (H) Magda ▲ B		IOGA (H) Magda ▲ B			
11.30					ABD HIPOPRESIUS Magda ▲ B		TONIFICACIÓ Dani ● B
11.45	IOGA Magda ▲ B		IOGA (H) Magda ▲ B				
12.00				TONIFICACIÓ Magda ▲ B		INDOOR WALKING Dani 45' ● B	
12.30				ABD HIPOPRESIUS Magda ▲ B			SPINNING Dani ● B
14.15		SUPER TRAINING Ignasi ● B		SUPER TRAINING Ignasi ● B	MATT PILATES Inma ▲ B		
14.15	SPINNING Dani ● B		SPINNING Jose ● B				
14.30							
17.30		SPINNING Dani ● B					
17.45			IOGA Bet ▲ B				
18.00					TAI-TXI Fernando ▲ B		
18.00	TONIFICACIÓ Isabel ▲ M	TONIFICACIÓ Inma ▲ B	TONIFICACIÓ Inma ▲ B	BALLS LLATINS Salut ● A	STRONG HIT Fede ● B		
18.00	SPINNING Dani ● M		SPINNING Jose ● B				
18.00		MATT PILATES Mun ▲ B		MATT PILATES Inma ▲ B	IOGA (H) Bet ▲ B		
18.00	INDOOR WALKING Diego 45' ● B						
18.30		SPINNING Dani ● B		INDOOR WALKING Diego 30' ● B			
18.30		INDOOR WALKING Jose 45' ● B		SPINNING Jose ● B			
19.00			TAI-TXI Fernando ▲ B	ABD HIPOPRESIUS ESTIRAMENTS Inma ▲ B			
19.00	TONIFICACIÓ Ignasi ● M	TONO Inma 30' ▲ B	TONO ZUMBA Cristina ● A	ZUMBA Jesy ● A	GAC Jordi M. ● A		
19.00	SPINNING Diego ● B		SPINNING Dani ● B		SPINNING Dani ● B		
19.00	MATT PILATES Mun ▲ B	MATT PILATES Mun ▲ B	ABD HIPOPRESIUS ESTIRAMENTS Inma ▲ B		ZUMBA Fede ● A		
19.00			INDOOR WALKING Jose 45' ● B		INDOOR WALKING Jose 45' ● B		
19.15							
19.30		GLUTIS Inma 30' ▲ B					
19.30		AERÒBIC Jordi M. ● A					
19.30		SPINNING Jose ● B		SPINNING Diego ● B			
20.00	IOGA (K) Alicia ▲ B	ABD HIPOPRESIUS ESTIRAMENTS Inma ▲ B		MATT PILATES Inma ▲ B			
20.00		ZUMBA Jessi ▲ A	SUPER TRAINING Dani ● B		SUPER TRAINING Jordi M 45' ● B		
20.00	SPINNING Jose ● B			SUPER TRAINING Jordi M ● B			
20.00	MATT PILATES Mun ▲ B		IOGA Alicia ▲ B				
20.00	INDOOR WALKING Dani 45' ● B		SPINNING Jose ● B				
20.15							
20.15							
20.30		SUPER TRAINING Jordi M ● B					
20.30		SPINNING Jose ● B		SPINNING Jose ● B			

Classes Dirigides



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