

HORARI D'ACTIVITATS SALA DE FITNESS

| Hora | Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge/festius |
|-------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|---------------|---------------|------------------|
| 07.30 | TEAMBEATS 30' | | | | | | |
| 07.40 | | XP15' CORE | XP15' CORE | XP15' CORE | XP15' CORE | | |
| 08.40 | XP15' CORE | XP15' CORE | XP15' ESTIRAMENTS I MOBILITAT | XP15' CORE | XP15' CORE | | |
| 09.30 | TEAMBEATS 30' | | TEAMBEATS 30' | | TEAMBEATS 30' | | |
| 09.40 | | XP15' ESTIRAMENTS I MOBILITAT | | XP15' ESTIRAMENTS I MOBILITAT | | XP15' CORE | XP15' CORE |
| 10.30 | | TEAMBEATS 30' | | TEAMBEATS 30' | | TEAMBEATS 30' | TEAMBEATS 30' |
| 10.40 | XP15' CORE | | XP15' CORE | | XP15' CORE | | |
| 11.40 | XP15' ESTIRAMENTS I MOBILITAT | XP15' CORE | XP15' ESTIRAMENTS I MOBILITAT | XP15' CORE | XP15' TABATA | | XP15' CORE |
| 12.30 | | TEAMBEATS 30' | | TEAMBEATS 30' | | | |
| 12.40 | XP15' CORE | | XP15' CORE | | XP15' CORE | XP15' CORE | |
| 13.30 | TEAMBEATS 30' | | TEAMBEATS 30' | | TEAMBEATS 30' | | |
| 13.40 | | XP15' CORE | | XP15' CORE | | | XP15' CORE |
| 14.40 | XP15' CORE | XP15' CORE | XP15' CORE | XP15' TABATA | XP15' CORE | XP15' TABATA | |
| 15.30 | | TEAMBEATS 30' | | TEAMBEATS 30' | | | |
| 15.40 | XP15' TABATA | | XP15' TABATA | | XP15' CORE | | |
| 18.30 | TEAMBEATS 30' | | TEAMBEATS 30' | | | | |
| 19.30 | | TEAMBEATS 30' | | TEAMBEATS 30' | TEAMBEATS 30' | | |

■ Alt consum calòric
 ■ Tonificació
 ■ Cos-ment
 ■ Funcional



Els dies festius s'aplicaran els horaris d'activitats corresponents als diumenges.

! El club podrà modificar horari i contingut de les sessions quan ho consideri necessari en funció de necessitats tècniques o de dates especials.

claror
can caralleu