HORARI NOVEMBRE

HORA		DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:15	50'		CROSS TRAIN'IN		IOGA		
8:30	50'		IOGA		BARRET'IN		
9:30	50'	PILATES	BARRET'IN	TONO SALUT	HIPO / PILATES	TONO SALUT	IOGA
10:30	50'	AQUAGYM DANCE'IN	AQUAXTREM PILATES	AQUAGYM IOGA	AQUAXTREM DANCE'IN	AQUAGYM YIN IOGA	SPINN'IN
11:30	50'	LesMills BODYPUMP	HIPOPRESSIUS		GYM SUAU		LesMills BODYPUMP
12:00	50'			MAMIFLOW *		MAMIFLOW *	
14:00	50'		PILATES	HYBRID			
17:10	50'	CROSS TRAIN'IN		GAC			
18:00	50'	AQUAGYM STEP	LesMills BODYPUMP	HYBRID PILATES	DANCE'IN	IOGA HYBRID	
19:00	50'	IOGA HYBRID	BOX'IN SPINN'IN	AQUAXTREM LesMills BODYPUMP	SPINN'IN BARRET'IN	AQUAGYM MMA *	
20:00	50'	LesMills BODYPUMP	GAC	SPINN'IN	PILATES		

AQUÀTIQUES · COS/MENT · TONIFICACIÓ · ALTA INTENSITAT · CARDIO · ABDOMINALS · * NO INCLOSES A LA QUOTA

HEALTH'IN
CLUB SANT CUGAT