



ACTIVITATS FÍSiques AL GIMNÀS MUNICIPAL

ESTIU 2018 - JULIOL

DIA	DILLUNS			DIMARTS			DIMECRES			DIJOUS			DIVENDRES		
SALA	MAQUINES	ACTIVITATS	SPINNING	MAQUINES	ACTIVITATS	SPINNING	MAQUINES	ACTIVITATS	SPINNING	MAQUINES	ACTIVITATS	SPINNING	MAQUINES	ACTIVITATS	SPINNING
30															
45															
08,00					PILATES						PILATES				
15															
30															
45															
09,00															
15	SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING		
45	SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING		
10,00	SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING			SPINNING VIRTUAL & CIRCUIT TRAINING		
15															
30															
45															
11,00															
15															
30															
15,00															
15															
30															
45															
16,00															
15															
30															
45															
17,00															
15															
30															
45															
18,00															
15															
30															
45	CIRCUIT LLIURE	FUNCTIONAL TRAINING				SPINNING	CIRCUIT LLIURE	POWER PUMP				SPINNING	CIRCUIT LLIURE	PILATES	
19,00	CIRCUIT LLIURE	FUNCTIONAL TRAINING				SPINNING	CIRCUIT LLIURE	POWER PUMP				SPINNING	CIRCUIT LLIURE	PILATES	
15															
30															
45															
20,00															



ACTIVITATS NO DIRIGIDES & LLIURES