

CORREU: fitness@tennisleida.com TELÈFON: 626707750

PROGRAMA D'ACTIVITATS DIRIGIDES

DIA		DILLUNS		DIMARTS			DIMECRES		DIJOUS		DIVENDRES		DISSABTE		DIA		
SALA		DIRIGIDES	SPINNING	DIRIGIDES	SALA 2	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	SALA		
9:00	9:30														9:00	9:30	
9:30	10:00	TONO		PILATES			B. PUMP		SUSPENSIO		ESQUENA SANA				9:30	10:00	
10:00	10:30	TONO													10:00	10:30	
10:30	11:00	PILATES		ESQUENA SANA			HIPOS		BODY ART		TONO			TONO	SPINNING VIRTUAL	10:30	11:00
11:00	11:30															11:00	11:30
11:30	12:00															11:30	12:00
12:00	12:30	TONO		SUSPENSIO				SPINNING	PILATES		ESQUENA SANA					12:00	12:30
12:30	13:00															12:30	13:00
13:00	13:30															13:00	13:30
13:30	14:00															13:30	14:00
14:00	14:30	TONO	SPINNING VIRTUAL			SPINNING	GAC	SPINNING VIRTUAL	B. PUMP		ESQUENA SANA	SPINNING VIRTUAL				14:00	14:30
14:30	15:00															14:30	15:00
15:00	15:30								TONO							15:00	15:30
15:30	16:00															15:30	16:00
16:00	16:30	B. PUMP	SPINNING VIRTUAL	Z-DANCE		SPINNING VIRTUAL	SUSPENSIO			SPINNING	HIIT					16:00	16:30
16:30	17:00										HIPOS					16:30	17:00
17:00	17:30	PILATES		HIIT	BODY ART		TONO		GAC		SUSPENSIO					17:00	17:30
17:30	18:00			HIPOS												17:30	18:00
18:00	18:30	SUSPENSIO			B. PUMP		HIIT			TONO	B. PUMP	SPINNING VIRTUAL				18:00	18:30
18:30	19:00							SPINNING		HIPOS						18:30	19:00
19:00	19:30	Z-DANCE	SPINNING	IOGA	HIPOS				IOGA	BODY ART	Z-DANCE	SPINNING VIRTUAL				19:00	19:30
19:30	20:00				PILATES		GAC									19:30	20:00
20:00	20:30	PILATES		CROSS TRAINING		SPINNING VIRTUAL	ESQUENA SANA		CROSS TRAINING	SPINNING VIRTUAL						20:00	20:30
20:30	21:00															20:30	21:00
DIA		DIRIGIDES	SPINNING	DIRIGIDES	SALA 2	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIRIGIDES	SPINNING	DIA		
SALA		DILLUNS		DIMARTS			DIMECRES		DIJOUS		DIVENDRES		DISSABTE		SALA		