

ACTIVITATS DIRIGIDES



	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
9:15 a 10:00	ENTRENAMENT FUNCIONAL	SAFA-PUMP	CARDIO BOX	SAFA-PUMP	ENTRENAMENT FUNCIONAL	
10:15 a 10:45	ENTRENAMENT EN SUSPENSIO	ABDOMINALS	ENTRENAMENT EN SUSPENSIO	ABDOMINALS	ENTRENAMENT EN SUSPENSIO	
10:15 a 11:00						SAFA-ZUMBA
11:00 a 11:45	ESQUENA SANA		ESQUENA SANA		ESQUENA SANA	
10:30 a 11:30		CHI-KUNG		CHI-KUNG		
11:00 a 12:30	IOGA KUNDALINI					
11:15 a 12:00						FULL BODY
15:15 a 16:00	FULL BODY				FULL BODY	
15:30 a 16:15		SAFA-ZUMBA		SAFA-ZUMBA		
18:30 a 19:15	MANTENIMENT	SAFA-ZUMBA	MANTENIMENT	SAFA-ZUMBA	MANTENIMENT	
18:30 a 19:00	ABDOMINALS		ABDOMINALS			
19:15 a 20:45	ASHTANGA IOGA					
19:30 a 20:15			SAFA-ZUMBA			
19:00 a 19:45			TONO-PILATES			
19:30 a 20:15	TONO-PILATES	PILATES		PILATES		
19:00 a 20:00					DEFENSA PERSONAL	
19:30 a 20:00		ABDOMINALS				
19:45 a 20:15				CIRCUIT 30'		
20:00 a 21:00			HAPKIDO		HAPKIDO	
20:20 a 21:05	ENTRENAMENT FUNCIONAL	SAFA-PUMP	ENTRENAMENT FUNCIONAL	CARDIO-BOX		

SALA 1

CARPA