

# HORARI DE SALA DE FITNESS



|       | DILLUNS             | DIMARTS              | DIMECRES             | DIJOUS               | DIVENDRES            |
|-------|---------------------|----------------------|----------------------|----------------------|----------------------|
| 6:30  | MARIO 6.30 A 10.30  |                      |                      |                      |                      |
|       | FUNCIONAL TRAINNING |                      |                      |                      |                      |
| 7:30  | ABD EXPRESS         |                      |                      |                      |                      |
| 8:30  |                     |                      |                      | MARIO 8.30 a 10.30   |                      |
| 9:00  | FUNCIONAL TRAINNING |                      |                      |                      |                      |
| 9:30  |                     | SANDRA 9.30 a 11.30  |                      | FUNCIONAL TRAINNING  |                      |
| 10:00 | ABD EXPRESS         |                      |                      |                      |                      |
| 10:30 |                     | FUNCIONAL TRAINNING  |                      |                      |                      |
| 11:00 |                     | ABD EXPRESS          | MARIO 11.00 a 13.00  |                      | SANDRA 11.00 a 13.00 |
| 11:30 |                     |                      | ABD EXPRESS          |                      | ESTIRAMENTS          |
| 12:30 |                     |                      | ESTIRAMENTS          |                      | ABD EXPRESS          |
| 13:00 |                     |                      |                      |                      |                      |
| 13:30 |                     |                      |                      |                      |                      |
| 14:30 |                     |                      |                      |                      |                      |
| 15:00 |                     | CARLOS 15.00 a 17.00 |                      | CARLOS 15.00 a 17.00 |                      |
| 15:30 |                     | FUNCIONAL TRAINNING  | SANDRA 15.30 a 19.30 | ABD EXPRESS          |                      |
| 15:30 |                     |                      | FUNCIONAL TRAINNING  |                      |                      |
| 16:30 |                     | ABD EXPRESS          |                      | FUNCIONAL TRAINNING  | TONI 16.30 a 18.00   |
| 17:00 |                     | TONI 17.00 a 19.00   |                      | TONI 17.00 a 18.30   | FUNCIONAL TRAINNING  |
| 17:30 |                     | ABD EXPRESS          |                      |                      |                      |
| 18:00 |                     |                      | FUNCIONAL TRAINNING  | FUNCIONAL TRAINNING  | ABD EXPRESS          |
| 18:30 |                     | FUNCIONAL TRAINNING  |                      |                      |                      |
| 19:00 |                     | MARIO 19.00 a 22.00  | ABD EXPRESS          |                      |                      |
| 19:30 |                     | FUNCIONAL TRAINNING  |                      |                      |                      |
| 20:00 |                     |                      |                      | MARIO 20.00 a 22.00  |                      |
| 20:30 |                     | ABD EXPRESS          |                      | ABD EXPRESS          |                      |
| 21:30 |                     | FUNCIONAL TRAINNING  |                      | FUNCIONAL TRAINNING  |                      |
| 22:00 |                     |                      |                      |                      |                      |

## TÈCNIC A LA SALA FITNESS

ESTIRAMENTS

ABDOMINALS EXPRESS 15'

FUNCIONAL TRAINNING 20'

El programa pot modificar-se sense previ avís.

Les activitats es poden cancel·lar sense previ avís.

No és permès començar l'activitat un cop iniciada.