

CLASSES PRESENCIALS I VIRTUALS MATI

HORARIS DE DILLUNS A DIVENDRES

CAP DE SETMANA

HORARI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE 8.30h-14.30h	DIUMENGE 9.30h-14.30h
08:00h	S.1	08:30-08:50 ABDOMINALS EXPRESS	08:30-08:50 ABDOMINALS EXPRESS	08:30-08:50 ESTIRAMENTS EXPRESS	08:30-08:50 ABDOMINALS EXPRESS	08:30-08:50 ESTIRAMENTS EXPRESS	08:45-09:30 TBC	
	S.2	08:30-08:50 ABDOMINALS EXPRESS	08:30-08:50 ESTIRAMENTS EXPRESS	08:30-08:50 ABDOMINALS EXPRESS	08:30-08:50 ESTIRAMENTS EXPRESS	08:30-08:50 ABDOMINALS EXPRESS	08:45-09:30 COMBAT	
	S.3	08:30-09:00 CYCLING EXPRESS	08:30-09:00 CYCLING EXPRESS	08:30-09:00 CYCLING EXPRESS	08:30-09:00 CYCLING EXPRESS	08:30-09:00 CYCLING EXPRESS	08:45-09:30 CYCLING	
09:00h	S.1	09:15-10:00 CIRCUIT TRAINNING (Jordi)	09:15-10:00 TBC (Loli)	09:15-10:00 TOTAL BODY (Alberto)	09:15-10:00 POWERTONO (Loli)	09:15-10:00 ESTIRAMENTS (Loli)	09:45-10:30 HIIT	09:45-10:30 TBC
	S.2		09:15-10:00 AERÒBIC LATINO		09:15-10:00 COMBAT	09:15-10:00 AERÒBIC	09:45-10:30 PILATES	09:45-10:30 AERÒBIC
	S.3	09:15-10:00 CYCLING	09:15-10:00 CYCLING	09:15-10:00 CYCLING	09:15-10:00 CYCLING	09:15-10:00 CYCLING (Jordi)	09:45-10:30 CYCLING	09:45-10:30 CYCLING
10:00h	S.1					10:15-11:00 TBC	10:45-11:30 TBC	10:45-11:30 HIIT
	S.2	10:15-11:00 IOGA (Ingrid)	10:15-11:00 COMBAT	10:15-11:00 PILATES MIX (Alberto)	10:15-11:00 IOGA (Ingrid)	10:15-10:35 ESTIRAMENTS EXPRESS	10:45-11:30 GAC	10:45-11:05 ESTIRAMENTS EXPRESS
	S.3	10:15-11:00 CYCLING	10:15-11:00 CYCLING	10:15-11:00 CYCLING	10:15-11:00 CYCLING	10:15-11:00 CYCLING	10:45-11:30 CYCLING	10:45-11:30 CYCLING
11:00h	S.1	11:15-12:00 HIIT	11:15-11:35 ABDOMINALS EXPRESS	11:15-12:00 TBC	11:15-11:35 ABDOMINALS EXPRESS	11:15-11:35 ESTIRAMENTS EXPRESS	11:45-12:30 GAC	11:45-12:30 COMBAT
	S.2	11:30-12:15 AERÒBIC	11:15-12:00 IOGA	11:15-12:00 AERÒBIC LATINO	11:15-12:00 PILATES	11:15-12:00 GAC	11:45-12:30 COMBAT	11:45-12:30 TBC
	S.3	11:15-12:00 CYCLING EXPRESS	11:15-12:00 CYCLING	11:15-12:00 CYCLING	11:15-12:00 CYCLING	11:15-12:00 CYCLING	11:45-12:30 CYCLING	11:45-12:30 CYCLING
12:00h	S.1	12:15-12:35 ESTIRAMENTS EXPRESS	12:15-12:35 ABDOMINALS EXPRESS	12:15-12:35 ABDOMINALS EXPRESS	12:15-12:35 ESTIRAMENTS EXPRESS	12:15-12:35 ABDOMINALS EXPRESS	12:45-13:30 TONO	12:45-13:30 TBC
	S.2		12:15-12:35 ESTIRAMENTS EXPRESS	12:15-12:35 ABDOMINALS EXPRESS		12:15-12:35 ESTIRAMENTS EXPRESS	12:45-13:05 ESTIRAMENTS EXPRESS	12:45-13:30 GAC
	S.3	12:15-12:45 CYCLING ESPRESS	12:15-12:45 CYCLING ESPRESS	12:15-12:45 CYCLING ESPRESS	12:15-12:45 CYCLING ESPRESS	12:15-12:45 CYCLING ESPRESS	12:45-13:30 CYCLING	12:45-13:30 CYCLING
TANCAT DE 13H A 15H						TANCAT DE 14.30h A 15.30h		

PER ACCEDIR A LES CLASSES PRESENCIALS I VIRTUALS CAL FER LA RESERVA PER L'APLICACIÓ <https://llicamunt.miclubonline.net/>

	CLASSES VIRTUALS
	CLASSE PRESENCIAL INTENSITAT ALTA
	CLASSE PRESENCIAL INTENSITAT MITJA
	CLASSE PRESENCIAL INTENSITAT BAIXA

HORARI SAUNA : Dilluns-Dimecres dones
Dimarts- Dijous homes
Divendres- Dissabte i Diumenge : mixte

