



→ HORARIS ACTIVITATS DIRIGIDES DE NADAL

CNC: del 24 al 30 de desembre de 2018

DILLUNS 24	Activitats	DIMARTS 25	DIMECRES 26	DIJOUS 27	Activitats	DIVENDRES 28	Activitats
7:00 - 7:45	TONO SPEEDBIKE	T A N C A T	O B E R T TANCAMENT SERVEIS 13.00h	7:00 - 7:45	CARDIO GAC SPEEDBIKE	7:00 - 7:45	SPEEDBIKE
8:00 - 8:45	TRAINING			8:00 - 8:45	SYNRGY	8:00 - 8:45	PILATES
9:15 - 10:00	GAC STRECHING			9:15 - 10:00	TRAINING	9:15 - 10:00	BALANCE
9:30 - 10:15	SPEEDBIKE			9:30 - 10:00	SPEEDBIKE	9:30 - 10:15	SPEEDBIKE
10:05 - 10:50	TBC			10:05 - 10:50	STEP TONO	10:05 - 10:50	GAC
11:00 - 11:45	GYM DOLÇA SPEEDBIKE VIRT			11:00 - 11:45	GYM DOLÇA SPEEDBIKE VIRT	11:00 - 11:45	GYM DOLÇA SPEEDBIKE VIRT.
18:00 - 18:25	TONO EXPRESS			14:15 - 15:00	SPEEDBIKE VIRTUAL	18:00 - 18:25	TONO EXPRESS
18:30 - 19:15	TRAINING			17:30 - 18:15	GYM DOLÇA	18:30 - 19:15	ZUMBAS JUMP SPEEDBIKE VIRT.
18:30 - 19:15	SPEEDBIKE VIRTUAL			18:15 - 19:00	STRECHING	19:30 - 20:15	CROSSCNC SPEEDBIKE VIRT.
				18:30 - 19:15	BODY PUMP SPEEDBIKE	20:30 - 21:15	SPEEDBIKE VIRTUAL
				19:30 - 20:15	ZUMBAS SPEEDBIKE		
				20:30 - 21:15	SPEEDBIKE		
HORARI	DISSABTE 29	DIUMENGE 30					
11:30 - 12:15	PILATES	TRAINING					
12:30 - 13:15	SPEEDBIKE	SPEEDBIKE					

BON NADAL!



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→ HORARIS ACTIVITATS DIRIGIDES DE NADAL

CNC: del 31 de desembre de 2018 al 6 de gener del 2019

DILLUNS 31	Activitats	DIMARTS 1	DIMECRES 2	Activitats	DIJOUS 3	Activitats	DIVENDRES 4	Activitats
7:00 - 7:45	TONO SPEEDBIKE VIRT	T A N C A T	7:00 - 7:45	SPEEDBIKE	7:00 - 7:45	CARDIO GAC SPEEDBIKE	7:00 - 7:45	SYNRGY SPEEDBIKE
8:00 - 8:45	BODYPUMP		8:00 - 8:45	BODYPUMP	8:00 - 8:45	TRAINING PILATES	9:15 - 10:00	PILATES
9:15 - 10:00	CARDIO GAC		9:15 - 10:00	TRAINING	9:15 - 10:00	TONO	9:30 - 10:15	SPEEDBIKE
9:30 - 10:15	SPEEDBIKE		9:30 - 10:00	SPEEDBIKE	9:30 - 10:00	SPEEDBIKE	10:05 - 10:50	BODYPUMP
10:05 - 10:50	TRAINING		10:05 - 10:50	CARDIO TONO	10:05 - 10:50	GAC	11:00 - 11:45	GYM DOLÇA SPEEDBIKE VIRT
11:00 - 11:45	GYM DOLÇA SPEEDBIKE VIRT		11:00 - 11:45	GYM DOLÇA SPEEDBIKE VIRT	11:00 - 11:45	GYM DOLÇA SPEEDBIKE VIRT	18:00 - 18:25	TONO EXPRESS
18:00 - 18:25	TONO EXPRESS		18:00 - 18:25	TONO EXPRESS	14:15 - 15:00	SPEEDBIKE VIRTUAL	18:30 - 19:15	ZUMBAS JUMP SPEEDBIKE
18:30 - 19:15	TRAINING		18:30 - 19:15	BODYCOMBAT SPEEDBIKE	18:30 - 19:15	BODYPUMP SPEEDBIKE	19:30 - 21:15	CROSS CNC SPEEDBIKE
18:30 - 19:15	SPEEDBIKE VIRTUAL		19:30 - 20:15	STEP SPEEDBIKE	19:30 - 20:15	ZUMBAS JUMP SPEEDBIKE	20:30 - 21:15	SPEEDBIKE VIRTUAL
			20:30 - 21:15	CROSS CNC SPEEDBIKE VIRT	20:30 - 21:15	SPEEDBIKE		

HORARI	DISSABTE 5	DIUMENGE 6
11:30 - 12:15	PILATES	NO HI HA ACTIVITATS
12:30 - 13:15	SPEEDBIKE	TANCAMENT SERVEIS 13.00H

FELIÇ 2019!



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