

SEMANA SANTA

Hores		Sala	Dijous 2	Divendres 3	Dissabte 4	Diumenge 5	Dilluns 6
7:35	8:30	1	FUNCIONAL TRAINING - sara				
8:15	8:30	GYM	ESCOLA D'ESQUENA 15 min				
8:35	9:30	2	EN FORMA- JUANI				
9:00	9:45	3C	CYCLING VIRTUAL				
9:00	9:45	PA	AQUAGYM-sara				
9:00	10:15	4	YOGA-Barbara Borgia				
9:05	10:00	4					
9:35	10:30	2	TONO-Sandra				
9:35	10:30	4					
10:00	11:15	4					
10:00	10:45	3C			CYCLING- NICO	CYCLING- XAVI	CYCLING-XAVI
10:35	11:30	2			TOT BODY-CRIS	TONO-JUANI	TONO-BARBARA
10:35	11:30	4	PILATES-Sandra				
11:00	11:45	PA	AQUAFIT- sara				
11:00	11:45	3C			CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:35	12:30	2				GAP-JUANI	GAP-BARBARA
11:35	12:30	4					
11:40	12:35	4			PILATES-CRIS		
11:45	13:00	4	YOGA-Barbara Borgia				
12:00	12:45	3C			CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
13:00	13:45	3C	CYCLING VIRTUAL				
14:05	15:00	4	PILATES-Sandra				
14:15	15:00	3C	CYCLING VIRTUAL				
14:15	15:00	SAD					
14:35	15:30	2	TOT BODY-JUANI				