

Programa d'activitats dirigides

A partir de l'11 de gener

CET 10[®]
BacdeRoda
CENTRE ESPORTIU MUNICIPAL

Solàrium (zona piscina exterior)

Inici	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:00		CYCLING		CYCLING	
10:30	BODY PUMP	BODY PUMP	ZUMBA	BODY PUMP	BODY PUMP
11:30	ZUMBA	BODY ATTACK	BODY PUMP	BODY COMBAT	ZUMBA
14:15	CYCLING		CYCLING		
16:15	FUNCIONAL	BODY COMBAT	BODY COMBAT	BODY PUMP	
17:15	BODY COMBAT	BODY PUMP	FUNCIONAL	ZUMBA	BODY PUMP
18:15	BODY PUMP	CYCLING	ZUMBA	CYCLING	BODY ATTACK
19:15	BODY ATTACK	CYCLING	BODY PUMP	CYCLING	

Fitness exterior

Inici	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
11:15	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'
12:15	SKILL HIIT 30'	SKILL HIIT 30'	SKILL HIIT 30'	SKILL HIIT 30'	SKILL HIIT 30'
13:15	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'
14:15	SKILL HIIT 30'	SKILL HIIT 30'	SKILL HIIT 30'	SKILL HIIT 30'	SKILL HIIT 30'

Caminades

Inici	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
10:00	KAMINA & SALUT	KAMINA & SALUT	KAMINA & SALUT	KAMINA & SALUT	KAMINA & SALUT
11:30	KAMINA & SALUT	KAMINA & SALUT	KAMINA & SALUT	KAMINA & SALUT	KAMINA & SALUT

Reserva la teva plaça a l'Àrea Client del nostre web.

