

Horari Gimnàs Club Tennis Vic Març 2021

Avda. Olimpia, s/n - Gurb Tlf. 938895360 info@gimnastennisvic.com

Classes Dirigides

| DILLUNS | DIMARTS | DIMECRES | DIJOURS | DIVENDRES | DISSABTE I DIUMENGE |
|---------------------------------|---------------------------------|--------------------------------|---------------------------------|------------------------------|---|
| IOGA-PILATES 6:45 a 7:30h | CICLESPORT 6:30 a 7:15h | BODY TRAINING 6:45 a 7:30h | CICLESPORT 6:30 a 7:15h | CIRCUIT&BIKE 6:30 a 7:15h | <p>Sala Musculació Dissabte de 10 a 13h. i de 17 a 20h Diumenge de 10 a 13h</p> |
| BODY TRAINING 13:30 a 14:15h | CICLESPORT 13:30 a 14:15h | IOGA-PILATES 13:30 a 14:15h | WORK IN&OUT 13:30 a 14:15h | | |
| BODY TRAINING 18:30 a 19:15h | 30' ABS WORK 18:45 a 19:15h | IOGA-PILATES 18:30 a 19:15h | BODY TRAINING 18:30 a 19:15h | | |
| CICLESPORT 19:30 a 20:15h | BODY TRAINING 19:30 a 20:15h | CICLESPORT 19:30 a 20:15h | IOGA-PILATES 19:30 a 20:15h | | |
| | | 30' ABS WORK 20:30 a 21h | | | |
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Horari Obertura Gimnàs Sala Musculació (Cita Prèvia)

Dilluns a Divendres de 6:30 a 21:30h.

Dissabte de 10 a 13h i de 17 a 20h. Diumenge de 10 a 13h.