

# Horari Gimnàs Club Tennis Vic

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE i DIUMENGE
BALANCE 6:30 a 7:15h	CICLESPORT 6:15 a 7:00h	CIRCUIT TRAINING 6:30 a 7:15h	CICLESPORT 6:15 a 7:00h	IOGA 6:15 a 7:00h	<p>Sala Musculació Dissabte i Diumenge de 10 a 13h.</p>
	CICLESPORT 7:00 a 7:45h		CICLESPORT 7:00 a 7:45h		
CROSSTRaining 13:30 a 14:15h	CICLESPORT 13:30 a 14:15h	BALANCE 13:30 a 14:15h	CIRCUIT TRAINING 13:30 a 14:15h		
	CROSSTRaining 15:30 a 16:15h		BALANCE 15:30 a 16:15h		
IOGA 18:00 a 18:45h	HIIT BOX 30' 18:00 a 18:30h	ABDOMINALS 30' 18:00 a 18:30h	ABDOMINALS 30' 18:00 a 18:30h		
CIRCUIT TRAINING 18:45 a 19:30h	ABDOMINALS 30' 18:45 a 19:15h	BALANCE 18:30 a 19:15h	BALANCE 18:45 a 19:30h		
CICLESPORT 19:30 a 20:15	CROSSTRaining 19:30 a 20:15h	CICLESPORT 19:30 a 20:15h	BOXA 19:30 a 20:30h		

Dilluns, Dimecres i Divendres de 6:30 a 21:30h.

Dimarts i Dijous de 6:15 a 21:30h

Dissabte i Diumenge de 10 a 13h.

