

Horari Sala Dirigides Gimnàs Club Tennis Vic

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
YOGA 6:30 a 7:15h	CICLESPORT 6:15 a 7h	TRAINING PUMP 6:30 a 7:15h	CICLESPORT 6:15 a 7h	HIIT 6:30 a 7h	OPENBOX 10 a 13h	OPENBOX 10 a 13h
OPENBOX 7:30 a 13h	CICLESPORT 7 a 7:45h	OPENBOX 7:30 a 13h	CICLESPORT 7 a 7:45h	OPENBOX 7:30 a 13h		
	THE RAPTOR 9:30 a 10:15h		THE RAPTOR 9:30 a 10:15h			
	OPENBOX 10:30 a 13h		OPENBOX 10:30 a 13h			
						
THE RAPTOR 13:30 a 14:15h	CICLESPORT 13:30 a 14:15h	PILATES 13:30 a 14:15h	BODY TRAINING 13:30 a 14:15h	OPENBOX 13 a 21h		
OPENBOX 14:30 a 17:45h	OPENBOX 14:30 a 17:45h	OPENBOX 14:30 a 17:45h	OPENBOX 14:30 a 17:45h			
ABDOMINALS 18:15 a 18:45h	TRAINING PUMP 18 a 18:45h	BODY TRAINING 18 a 18:45h	PILATES 18 a 18:45h			
BODY TRAINING 19 a 19:45h	PILATES 19 a 19:45h	ABDOMINALS 18:45 a 19:15h	CICLESPORT 19 a 19:45h			
CICLESPORT 20 a 20:45h	HIIT 20 a 20:30h	CICLESPORT 19:30 a 20:15h	THE RAPTOR 20 a 20:45h			

