

DUPLEX

SPORT CLUB

CARDIOVASCULAR COS I MENT TONIFICACIÓ

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
6h50		CYCLING 1 Marian		DUPLEX BODY TRAIN 1 Marian	
7h00	FIT-XPRESS 30' Lourdes	VIRTUAL GYM	SUMBA G.A.C Julia	VIRTUAL CYCLING	IOGA 1 - STRETCH - PILATES Marian
	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING
7h30		CYCLING 2 Marian		DUPLEX BODY TRAIN 2 Marian	
8h00	FITNESS TONO Lourdes	MIX TRX Judith	HIPO-TONO Judith		VIRTUAL GYM
8h10				SUMBA G.A.C Judith	
8h30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10h00	FITNESS TONO Lourdes	MIX TRX Judith	SUMBA G.A.C Julia	DUPLEX BODY TRAIN Marian	VIRTUAL GYM
	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12h00	VIRTUAL GYM	VIRTUAL GYM	VIRTUAL GYM	VIRTUAL GYM	VIRTUAL GYM
13h05		H.I.I.T. 1 Júlia	PILATES-IOGA-STRETCH 1 Marian		DUPLEX BODY TRAIN 1 Marian
13h10	CYCLING 1 Marian	CYCLING 1 Toni	CYCLING 1 Isidre	CYCLING Toni	VIRTUAL CYCLING
13h20	CARDIO STEP Judith				
13h30				HIPOPRESSIUS Esme	

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
13h45		H.I.I.T. 2 Júlia	PILATES IOGA STRECH 2 Marian		DUPLEX BODY TRAIN 2 Marian
13h50					VIRTUAL CYCLING
13h55	CYCLING 2 Marian	CYCLING 2 Toni	CYCLING 2 Isidre	CYCLING 2 Toni	
15h20	SUMBA G.A.C.1 Júlia	UPPER TRAIN 1 Isidre	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL GYM
	VIRTUAL CYCLING	VIRTUAL CYCLING			VIRTUAL CYCLING
15h30			CARDIO STEP Judith	G.A.C TRAIN Isidre	
16h00	SUMBA G.A.C 2 Júlia	UPPER TRAIN 2 Isidre			
17h00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17h15	PILATES TRX Judith			SUMBA 1 Júlia	VIRTUAL GYM
				TONO PILATES Judith	
17h20		AEROYOGA Judith	AEROYOGA Judith		
18h05	SUMBA 1 Júlia		GYM TONIC 1 Lourdes	SUMBA 2 Júlia	
18h15		CYCLING 1 Isidre		CYCLING 1 Isidre	VIRTUAL CYCLING 18:20
18h20		CORE PILATES Judith			STRETCH Lourdes
18h30	VIRTUAL CYCLING		VIRTUAL CYCLING		
18h45	SUMBA 2 Júlia		GYM TONIC 2 Lourdes	SUMBA 3 Júlia	
19h00		CYCLING 2 Isidre		CYCLING 2 Isidre	
19h10		FULL TRAIN Lourdes			
19h25	IOGA 1 Maria		POP DANCE 1 Judith	IOGA 1 Maria	
19h45		CYCLING 3 Isidre		CYCLING 3 Isidre	

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
20h05	IOGA 2 Maria	IOGA 1 Maria	VIRTUAL CYCLING	IOGA 2 Maria	VIRTUAL CYCLING
			POP DANCE 2 Judith		
20h20					HATHA IOGA RESTAURATIU Adela
20h30	CYCLING Toni		VIRTUAL CYCLING		VIRTUAL CYCLING
20h45	TONO G.A.C Lorena		DUPLEX PUMP 1 Isidre	TONO STEP Lorena	
20h55		IOGA 2 Maria			
21h25			DUPLEX PUMP 2 Isidre		