

ACTIVITATS DIRIGIDES DEL 27 AL 31 DE JULIOL

laSalle Sports Centre



DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:00h SALA AADD TABATA 45' RAQUEL		7:00h SALA CICLO CYCLING 45' RAQUEL		
8:00h SALA CICLO CYCLING - 50' RAQUEL	8:00h SALA AADD TABATA 45' RAQUEL	08:00h SALA AADD CIRCUIT TRAINING - 50' RAQUEL	8:00h SALA AADD TABATA 45' RAQUEL	08:00h SALA AADD POWER PUMP - 50' RAQUEL
09:00h SALA AADD POWER PUMP - 50' RAQUEL	9:00h SALA AADD GAC - 50' RAQUEL	9:00h SALA AADD ENTR. TOTAL - 50' RAQUEL	9:00h SALA AADD TONIFICACIÓ - 50' RAQUEL	9:00h SALA AADD CORE & STRETCHING - 50' RAQUEL
	10:00h SALA AADD GYM SUAU - 50' RAQUEL		10:00h SALA AADD GYM SUAU - 50' RAQUEL	
13:10h SALA AADD CIRCUIT TRAINING - 50' ALEX	13:10h SALA AADD BOXING - 50' ALEX	13.10h SALA AADD TABATA 45' ALEX	13:10h SALA AADD CROSS SALLE - 50' ALEX	13:10h SALA AADD FUNCIONAL - 50' ALEX
14:10h SALA AADD TABATA 45' ALEX	14:10h SALA AADD CIRCUIT TRAINING - 50' ALEX	14.10h SALA AADD CROSS SALLE - 50' ALEX	14:10h SALA AADD BOXING - 50' ALEX	14:10h SALA AADD MOVILITY & ABDOMINALS - 50' ALEX
17:00h SALA AADD TONIFICACIÓ - 50' DESIRE	17:00h SALA AADD GAC/ ESTIRAMENTS - 50' DESIRE			
18:00h SALA AADD PILATES - 50' DESIRE	18:00h SALA AADD CARDIO HIIT - 50' DESIRE	18:00h SALA AADD TONIFICACIÓ - 50' ALBERT	18:00h SALA AADD CIRCUIT TRAINING - 50' ALBERT	17:00h SALA AADD TONIFICACIÓ - 50' ALBERT
19:00h SALA AADD POWER PUMP - 50' DESIRE	19:00h SALA AADD CIRCUIT TRAINING - 50' DESIRE	19:00h SALA CICLO FIT CYCLING - 50' ALBERT	19:00h SALA CICLO CYCLING - 50' ALBERT	18:00h SALA AADD ESTIRAMENTS 45' ALBERT
19:00h SALA CICLO FIT CYCLING - 50' ALBERT	19:00h SALA CICLO CYCLING - 50' ALBERT			
20:10h SALA AADD CIRCUIT TRANING - 50' DESIRE	20:00h SALA AADD POWER PUMP - 50' DESIRE			

Tècnic/a de sala:

Sala Fitness: de 14:30 h a 19:00 h i de 20:00 h a 22:00 h	Sala Fitness: de 16:00 h a 19:00 h i de 20:00 h a 22:00 h	Sala Fitness: de 16:00 h a 18:00 h i de 20:00 h a 22:00 h	Sala Fitness: de 16:00 h a 18:00 h i de 20:00 h a 22:00 h	Sala Fitness: de 16:00 h a 18:00 h i de 20:00 h a 22:00 h
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