CLUB TENNIS REUS
MONTEROLS

HORARI CLASSES DIRIGIDES

A PARTIR DEL 13 DE SETEMBRE DE 2021

INICI	DURADA	LLOC	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:45	45'	SALA 2	VIRTUAL BALANCE 45'	VIRTUAL PUMP 55'	VIRTUAL BALANCE 55'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	
07:45	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
09:30	45'	SALA 2	BODY PUMP	VIRTUAL BALANCE 45'	ZUMBA	VIRTUAL PUMP 45'	ZUMBA	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'
09:30	50'	SALA 1	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:00	45'	OUTDOOR						CYCLING	
10:00	45'	OUTDOOR						CROSS H.I.I.T	
10:30	30'	SALA 2	HIPOPRESIUS	ABD/ESTIRAMENTS	SINERGY 360	BODY BALANCE	VO2		VIRTUAL PUMP 45'
10:30	45'	OUTDOOR	CYCLING						
11:05	45'	OUTDOOR						ZUMBA	
11:05	45'	SALA 2						ESTIRAMENTS	
11:15	45'	SALA 2	BODY BALANCE	PILATES	TONO	PILATES	ESTIRAMENTS		
11:15	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12:05	30'	SALA 2	HIPOPRESIUS	HIPOPRESIUS	VIRTUAL PUMP 30'	HIPOPRESIUS	VIRTUAL BALANCE 30'		VIRTUAL BALANCE 30'
12:05	55'	SALA 2						BODY PUMP	
13:30	55'	SALA 2					BODY PUMP		
13:40	45'	SALA 2		VO2		VO2			
13:40	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14:00	45'	SALA 3	PILATES		BODY BALANCE				
15:05	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15:15	45'	OUTDOOR	VO2				VO2		
15:15	45'	SALA 2		BODY PUMP	PILATES	BODY BALANCE		VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'
16:00	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
16:05	45'	SALA 2	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'		
17:00	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
17:30	30'	SALA 3	SINERGY 360	SINERGY 360	HIPOPRESIUS	SINERGY 360	HIPOPRESIUS		
18:00	50'	OUTDOOR	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
18:05	45'	SALA 2	BODY PUMP	TONO	BODY PUMP	TONO	PILATES	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'
18:30	30'	FITNESS	SINERGY 360	SINERGY 360	HIPOPRESIUS	SINERGY 360	SINERGY 360		
19:00	50'	OUTDOOR	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
19:05	30'	SALA 3		TRX		TRX			
19:05	45'	OUTDOOR	CROSS H.I.I.T	CROSS H.I.I.T	CROSS H.I.I.T	CROSS H.I.I.T	CROSS H.I.I.T		
19:05	45'	SALA 2				ZUMBA	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'	
19:05	45'	OUTDOOR	PILATES	ZUMBA	BODY BALANCE				
19:50	15'	SALA 3	ABD	ABD	ABD	ABD	ABD		
20:05	55'	OUTDOOR	CROSS H.I.I.T	BODY PUMP	CROSS H.I.I.T				
20:05	50'	OUTDOOR	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
20:05	45'	SALA 2	BODY BALANCE		PILATES	BODY PUMP	VIRTUAL BALANCE 45'		
21:05	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL