CLUB TENNIS REUS MONTEROLS 1970

HORARI CLASSES DIRIGIDES

A PARTIR DEL 4 DE JULIOL DE 2022

INICI	TEMPS	LLOC	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:45	45	SALA 2	VIRTUAL BALANCE 45'	VIRTUAL PUMP 55'	VIRTUAL BALANCE 55'	VIRTUAL PUMP 55'	VIRTUAL BALANCE 45'		
07:45	50	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09:30	45	SALA 2	BODY PUMP	VIRTUAL BALANCE 45'	ZUMBA	BODY BALANCE	VIRTUAL PUMP 55'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 55'
09:30	50	SALA 1	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING		
10:00	50	SALA 1						CYCLING	CYCLING VIRTUAL
10:00	45	OUTDOOR						CROSS H.I.I.T	
10:05	45	SALA 2						ZUMBA	
10:30	30	SALA 2	BODY BALANCE	ABD/ESTIRAMENTS	IOGA	TRX	TONO		VIRTUAL BALANCE 45'
10:30	30	SALA 1	CYCLING EXPRESS						
11:05	45	SALA 2						ESTIRAMENTS	
11:15	45	PISCINA			AQUAGYM				
11:15	45	SALA 2	CORE	PILATES		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 55'	HIPOPRESIUS	VIRTUAL BALANCE 30'		VIRTUAL PUMP 55'
12:05	55	SALA 2						BODY PUMP	
13:30	55	SALA 2					BODY PUMP		
13:40	45	SALA 2	BODY PUMP	VO2	COMBAT	CORE			
13:40	50	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
13:45	55	PISCINA	NATACIO PER ADULTS						
15:05	50	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15:15	45	SALA 2	HIIT CAMP		IOGA		HIIT CAMP		
15:30	45	SALA 2		CORE		PILATES		VIRTUAL BALANCE 45'	
16:00	50	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
16:30	45	SALA 2	VIRTUAL PUMP 55'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 55'	VIRTUAL BALANCE 45'	VIRTUAL PUMP 55'		
17:00	50	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
17:30	30	SALA 3	BODY BALANCE	SINERGY 360º	HIPOPRESIUS	SINERGY 360º	HIPOPRESIUS		
18:00	40	OUTDOOR		HIIT CAMP		HIIT CAMP			
18:00	50	SALA 1	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
18:05	45	SALA 2	BODY PUMP	ZUMBA	BODY PUMP	TONO	PILATES	VIRTUAL PUMP 55'	VIRTUAL BALANCE 45'
18:30	30	FITNESS	SINERGY 360º	SINERGY 360º	HIPOPRESIUS	SINERGY 360º	SINERGY 360º		
19:00	50	SALA 1	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
19:05	30	SALA 3		TRX	SINERGY 360º	TRX			
19:05	50	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	PILATES	CORE	BODY BALANCE	ZUMBA		VIRTUAL BALANCE 45'	VIRTUAL PUMP 55'
19:50	15´	SALA 3	ABD	ABD	ABD	ABD			
20:05	45	SALA 3		PILATES		PILATES			
20:05	45	SALA 2	IOGA	COMBAT	PILATES	BODY PUMP	VIRTUAL BALANCE 45'		
20:05	50	SALA 1	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
20:05	50	OUTDOOR	CROSS H.I.I.T		CROSS H.I.I.T				
21:05	50	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		