CLUB TENNIS REUS MONTEROLS 1970

HORARI CLASSES DIRIGIDES

A PARTIR DEL 15 DE MAIG DE 2023

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 45'	VIRTUAL BALANCE 45'		
07:45	50	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
09.00	45	SALA 2						VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'
09:30	45	SALA 2	BODY PUMP	VIRTUAL BALANCE 45'	ZUMBA	BODY BALANCE	ZUMBA		
09:30	50	SALA 1	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
10:00	50	SALA 1						CYCLING	CYCLING VIRTUAL
10:00	50	OUTDOOR						CROSS H.I.I.T	
10:05	45	SALA 2						TONO	
10:20	40	SALA 2			IOGA		TONO		
10:30	30	SALA 2	BODY BALANCE	TONO		TRX			VIRTUAL BALANCE 30'
11:05	45	SALA 2						ZUMBA	
11:05	45	SALA 3						ESTIRAMENTS	
11:15	45	SALA 2	CORE	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 BALANCE 30'	HIPOPRESIUS	VIRTUAL BALANCE 30'		VIRTUAL PUMP 45'
12:05	55	SALA 2						BODY PUMP	
13:30	55	SALA 2					BODY PUMP		
13:40	50	SALA 1	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
13:45	45	SALA 2	PILATES	VO2	COMBAT	VO2			
15:05	50	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15:15	45	OUTDOOR					HIIT CAMP		
15:15	45	SALA 2	BODY BALANCE		VO2				
15:30	45	SALA 2		CORE		BODY PUMP		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 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 2		HIIT		HIIT	HIPOPRESIUS		
17:30	30	SALA 3	TRX		HIPOPRESIUS				
18:00	40	OUTDOOR		HIIT CAMP		HIIT CAMP			
18:00	50	SALA 1	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
18:05	45	SALA 2	BODY PUMP	ZUMBA	BODY PUMP	TONO	PILATES	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'
18:05	45	SALA 3	TONO	GAC	PILATES	CORE	GAC		
19:00	50	SALA 1	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
19:05	30	SALA 3	GAC	TRX	GAC	TRX			
19:05	45	SALA 2	PILATES	CORE	BODY BALANCE	BODY PUMP	ZUMBA	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'
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		
19:50	15	SALA 3	ABD	ABD	ABD	ABD			
20:05	45	SALA 2	IOGA	BODY PUMP	HIPOPRESIUS	PILATES	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 TÉCNIC				
20:10	45	SALA 3	CORE	PILATES		HIIT			
21:05	50	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		