CLUB TENNIS REUS MONTEROLS 1970

# HORARI CLASSES DIRIGIDES

## A PARTIR DEL 12 DE SETEMBRE DE 2023

| INICI | TEMPS | LLOC | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|---|---|---|---|---|---|---|---|---|---|
| 07.05 | 50 | SALA 1 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| 07.15 | 45 | SALA 2 | VIRTUAL BALANCE 45' | VIRTUAL PUMP 45' | VIRTUAL BALANCE 45' | VIRTUAL PUMP 45' | VIRTUAL BALANCE 45' | | |
| 09.05 | 45 | SALA 2 | | | | | | VIRTUAL BALANCE 45' | VIRTUAL PUMP 45' |
| 09:30 | 45 | SALA 2 | BODY PUMP | VIRTUAL BALANCE 45' | ZUMBA | VIRTUAL PUMP 45' | ZUMBA | | |
| 09:30 | 50 | SALA 1 | CYCLING VIRTUAL | CYCLING | CYCLING VIRTUAL | CYCLING | CYCLING VIRTUAL | | |
| 10:00 | 50 | SALA 1 | | | | | | CYCLING | CYCLING VIRTUAL |
| 10:00 | 55 | OUTDOOR | | | | | | CROSS H.I.I.T | |
| 10:05 | 45 | SALA 2 | | | | | | TONO | |
| 10:20 | 40 | SALA 2 | | | IOGA | | | | |
| 10:30 | 30 | SALA 2 | BODY BALANCE | TRX | | BODY BALANCE | TONO | | 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 PUMP 30' | HIPOPRESIUS | VIRTUAL BALANCE 30' | | |
| 12:05 | 55 | SALA 2 | | | | | | BODY PUMP | VIRTUAL PUMP 45' |
| 13:35 | 55 | SALA 2 | | | | | BODY PUMP | | |
| 13:40 | 50' | SALA 1 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | |
| 13:45 | 45 | SALA 2 | PILATES | BODY PUMP | VIRTUAL BALANCE 45' | 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 | HIIT | | PILATES | | | | |
| 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 | TONO | | |
| 19:05 | 45 | SALA 2 | PILATES | CORE | BODY BALANCE | BODY PUMP | ZUMBA | VIRTUAL BALANCE 45' | VIRTUAL PUMP 45' |
| 19:05 | 55 | 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 | | |
| 19:45 | 15 | SALA 3 | ABD | ABD | ABD | ABD | ABD | | |
| 20:05 | 45 | SALA 2 | IOGA | BODY PUMP | ZUMBA | PILATES | VIRTUAL BALANCE 45' | | |
| 20:05 | 45 | SALA 3 | CORE | PILATES | HIPOPRESIUS | | | | |
| 20:05 | 50 | SALA 1 | CYCLING | CYCLING VIRTUAL | CYCLING | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 20:05 | 55 | OUTDOOR | CROSS H.I.I.T | | CROSS TÉCNIC | | | | |
| 21:05 | 50 | SALA 1 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |