CLUB TENNIS REUS MONTEROLS 1970

HORARI CLASSES DIRIGIDES

A PARTIR DEL 16 DE JUNY DE 2025

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