CLUB TENNIS REUS MONTEROLS 1970

# HORARI CLASSES DIRIGIDES

## A PARTIR DEL 15 DE SETEMBRE DE 2025

| INICI | TEMPS | LLOC | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|---|---|---|---|---|---|---|---|---|---|
| 7:05 | 50' | SALA 1 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| 7:15 | 45' | SALA 2 | VIRTUAL BALANCE 45' | VIRTUAL PUMP 45' | VIRTUAL BALANCE 45' | VIRTUAL PUMP 45' | VIRTUAL BALANCE 45' | | |
| 9:00 | 45' | SALA 2 | | | | | | VIRTUAL BALANCE 45' | VIRTUAL PUMP 45' |
| 9:30 | 45' | SALA 2 | BODY PUMP | VIRTUAL BALANCE 45' | ZUMBA | VIRTUAL PUMP 45' | ZUMBA | | |
| 9:30 | 45' | SALA 3 | | | | BODY BALANCE | | | |
| 9:30 | 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 | | TONO | IOGA | | TONO | | |
| 10:30 | 30' | SALA 3 | BODY BALANCE | | | HIIT | | | VIRTUAL BALANCE 30' |
| 11:05 | 45' | SALA 2 | | | | | | ZUMBA | |
| 11:05 | 45' | SALA 3 | | | | | | ESTIRAMENTS | |
| 11:15 | 45' | SALA 2 | CORE | PILATES LOW | TONO | VIRTUAL PUMP 45' | ESTIRAMENTS | | |
| 11:15 | 45' | SALA 3 | | | | PILATES | | | |
| 11:15 | 50' | SALA 1 | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | CYCLING VIRTUAL |
| 12:05 | 30' | SALA 3 | HIPOPRESIUS | | | HIPOPRESIUS | | | |
| 12:05 | 45' | SALA 2 | VIRTUAL BALANCE 45' | VIRTUAL PUMP 45' | VIRTUAL BALANCE 45' | VIRTUAL PUMP 45' | VIRTUAL BALANCE 45' | | VIRTUAL PUMP 45' |
| 12:05 | 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 | HIIT | VIRTUAL PUMP 45' | BODY BALANCE | BODY PUMP | | |
| 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 3 | | | 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 | CROSS H.I.I.T | HIIT CAMP | CROSS H.I.I.T | 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 | GAC | VIRTUAL PUMP 45' | VIRTUAL BALANCE 45' |
| 18:05 | 45' | SALA 3 | TONO FUNCTIONAL | ZUMBA | PILATES | GAC | PILATES | | |
| 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 | CROSS H.I.I.T | | |
| 19:45 | 15' | SALA 3 | | ABD | | ABD | | | |
| 20:05 | 45' | SALA 2 | IOGA | | FLEXFIT | VIRTUAL PUMP 45' | VIRTUAL BALANCE 45' | | |
| 20:05 | 45' | SALA 3 | CORE | PILATES | ZUMBA | 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 |