CLUB TENNIS REUS MONTEROLS 1970

HORARI CLASSES DIRIGIDES

DE l'11 DE MAIG AL 30 DE JUNY DE 2026

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'		
9:05	45'	SALA 2						VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'
9:30	45'	SALA 2	BODY PUMP	VIRTUAL BALANCE 45'	ZUMBA	BODY BALANCE	ZUMBA		
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	TONO		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	IOGA	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 2			VIRTUAL BALANCE 30'		VIRTUAL BALANCE 30'		
12:05	45'	SALA 2		VIRTUAL PUMP 45'		VIRTUAL PUMP 45'			VIRTUAL PUMP 45'
12:05	55'	SALA 3	HIPOPRESIUS			HIPOPRESIUS		BODY PUMP	
13:40	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
13:45	45'	SALA 2	VIRTUAL PUMP 45'	BODY PUMP HEAVY	VIRTUAL PUMP 45'	VIRTUAL PUMP 45'	BODY PUMP		
13:45	45'	SALA 3	PILATES			BODY BALANCE			
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	VIRTUAL BALANCE 45'	CORE	VIRTUAL PUMP 45'	BODY PUMP	VIRTUAL BALANCE 45'	VIRTUAL BALANCE 45'	
16:00	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
16.30	50'	SALA 1			CYCLING				
16:30	40'	SALA 3		TONO FUNCTIONAL					
16:30	45'	SALA 2	BODY PUMP	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
17:15	40'	SALA 2		HIIT		HIIT			
17:30	30'	SALA 3	HIPOPRESIUS		HIPOPRESIUS		HIPOPRESIUS		
18:00	50'	OUTDOOR	HIIT CAMP	HIIT CAMP	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 HEAVY	TONO	PILATES	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'
18:05	45'	SALA 3	TONO FUNCTIONAL	TONO	PILATES	GAC	GAC		
19:00	50'	SALA 1	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
19:05	45'	SALA 2	PILATES	BODY PUMP	STEP/TONO	BODY PUMP HEAVY	BODY PUMP	VIRTUAL BALANCE 45'	VIRTUAL PUMP 45'
19:05	45'	SALA 3	GAC	TRX	BODY BALANCE	CORE			
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		
20:05	45'	SALA 2	IOGA	VIRTUAL PUMP 45'	BODY PUMP	VIRTUAL PUMP 45'	VIRTUAL BALANCE 45'		
20:05	45'	SALA 3	CORE	PILATES	ESTIRAMENTS	ESTIRAMENTS			
20:05	50'	OUTDOOR	CROSS H.I.I.T	CROSS H.I.I.T		CROSS H.I.I.T			
20:05	50'	SALA 1	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
21:05	50'	SALA 1	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL