

 Piscines Municipals Lluçmajor LLUCMAJOR	H INICI	H FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
	7:15	8:00	ENTRENAMENT FUNCIONAL (sala 2)		ENTRENAMENT FUNCIONAL (sala 2)		ENTRENAMENT FUNCIONAL (sala 2)
	8:15	9:00	AQUAGYM (piscina)		AQUAGYM (piscina)		AQUAGYM (piscina)
	9:15	10:00	AQUAGYM (piscina)	GAC (sala 2)	AQUAGYM (piscina)	CARDIO TONO (sala 2)	AQUAGYM (piscina)
	10:15	11:00	PILATES (sala 2)	ENTRENAMENT FUNCIONAL (sala 2)	IOGA (sala 2)	ENTRENAMENT FUNCIONAL (sala 2)	ESQUENA SANA (sala 2)
	17:00	17:45	CARDIO TONO (sala 2)	CIRCUIT TRAINING (sala 1)	CARDIO TONO (sala 2)	CIRCUIT TRAINING (sala 1)	
	18:00	18:45	ESQUENA SANA (sala 2)	CARDIO TONO (sala 2)	TONIFICACIÓ (sala 2)	PILATES HIPOPRESSIUS (Sala 2)	CARDIO TONO (sala 2)
	19:00	19:45	ENTRENAMENT FUNCIONAL (sala 2)	PILATES (sala 2)	ESQUENA SANA (sala 2)	TABATA (sala 2)	PILATES (sala 2)
	20:00	20:45		AQUAGYM (piscina)		AQUAGYM (piscina)	
	20:00	20:45	CIRCUIT TRAINING (sala 2)	FIT PUMP (sala 2)	ENTRENAMENT FUNCIONAL (sala 2)		