Horari activitats
CEM Mundet

CEM MUNDET

22 de juny al 31 de juliol
Classes de 40 minuts

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:10 H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
8:15 H	BALLS LLATINS (Susana)	SALSA TONO (Susana)	BALLS LLATINS (Susana)	SALSA TONO (Susana)	BALLS LLATINS (Susana)		
9:10 H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:15 H	YOGUILATES (Susana)	M&B TONING (Susana)	YOGUILATES (Susana)	GAC (Susana)	YOGUILATES (Susana)		
12:00 H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
16:00 H	VINYASA IOGA (Claudi)	TONO PILATES (Susana)	VINYASA IOGA (Claudi)	TONO PILATES (Susana)	GAC (Claudi)	CYCLING VIRTUAL	
17:15 h	TONO ACTIVE (Claudi)	ZUMBA (Susana)	FULL BODY (Claudi)	ZUMBA (Susana)	CIRCUIT TRAINING (Claudi)		
18:15 H	CYCLING VIRTUAL	ENT. FUNCIONAL (Claudi)	CYCLING VIRTUAL	ENT. FUNCIONAL (Claudi)	CYCLING VIRTUAL	CYCLING VIRTUAL	
19:00 H		KARATE SHOTOKAN 1'15 h A PISTA Jose Mº		KARATE SHOTOKAN 1'15 h A PISTA Jose Mº			
19:40 H	PUMP-MUNDET (Claudi)	GAC (Claudi)	CIRCUIT TRAINING (Claudi)	GAC (Claudi)	VINYASA IOGA (Damià)		
20:40 H	ENT. FUNCIONAL (Claudi)	ENT. FUNCIONAL (Claudi)	ENT. FUNCIONAL (Claudi)	ENT. FUNCIONAL (Claudi)	ENT. FUNCIONAL (Claudi)		
21:35 H	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		