

DIAS Y HORAS CLASES

del 3 d'Octubre de 2011 al 31 de Juliol de 2012

(Clases gratuitas para los Socios TOP, MIX y GIMFIT)

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
08.00 - 08.45	Yoga Vinyasa * (1) IS	Mix-Gym ** X	Pilates MATT ** (1) IS	Mix-Gym ** X		
09.00 - 09.45	Pilates MATT ** (1) IS		Pilates MATT ** IS		Pilates MATT ** (1) IS	
09.30 - 10.30		Yoga Hatha * (1) M		Yoga Hatha * (1) M	Body ** X	
09.30 - 10.15	Steps ** X	Steps ** JH		Steps ** JH		
09.45 - 10.30	Pilates MATT ** (1) IS		Pilates MATT ** IS		Pilates MATT ** (1) IS	
10.00 - 10.45						Mix-Gym ** RA
10.00 - 10.55				Pilates STUDIO ** (3) IS		
10.15 - 11.00	Esquena Sana * X	Ritmos Latinos ** JH		Esquena Sana * JH		
10.30 - 11.15			TRX Circuit ** X		3X15 ** X	
10.30 - 11.25		Pilates STUDIO ** (3) IS				
11.00 - 11.45						Cycling CA
11.15 - 12.00	En Forma * X	Aqua-Fit ** JH	En Forma * X	Aqua-Fit ** JH	Aqua-Fit ** X	
11.45 - 12.30						Cycling CA
12.15 - 13.00	Aqua-Fit ** SU		Aqua-Fit ** SU			
14.15 - 15.00	Steps ** X	Pilates MATT ** IS	Quemagrasas ** SU	TRX Circuit ** AL	Pilates STUDIO ** (3) IS	
14.15 - 15.00	Cycling AL	Cycling AL	Cycling AL	Cycling SU		
17.45 - 18.30	Dansa Jazz ** JH	TRX Circuit ** SU	Abdo + Gluteos ** AL			
18.30 - 19.15	Steps ** JH	Quemagrasas ** SU		Pilates MATT * SU	Esquena Sana * CA	
18.30 - 19.15		Estiraments ** (1) X				
18.30 - 19.30			Body ** JH			
18.45 - 19.45					Runners (2) A	
19.00 - 19.45			Cycling AL			
19.15 - 20.00	Cycling AL					
19.15 - 20.00	Mix - Gym ** JH	Pilates MATT ** SU		Aqua-Fit ** SU	Quemagrasas ** CA	
19.15 - 20.00	Tae Kwon Do ** (*) (1) P					
19.15 - 20.15				Yoga Hatha * (1) M		
19.15 - 20.15				Body ** AL		
19.30 - 20.00	Abdo EXPRESS ** (2) A					
19.30 - 20.15			Dansa Jazz ** RA			

19.30 - 20.15			Runners (2) PA			
19.30 - 20.30		* Yoga Hatha (1) M				
20.00 - 20.30		Abdo EXPRESS ** (2) PA		Abdo EXPRESS ** (2) A		
20.00 - 20.45	Cycling AL	** Aqua-Fit SU	Cycling AL		** Quemagrasas CA	
20.00 - 20.45		** Body AL				
20.00 - 20.55		** Pilates STUDIO (3) IS				
20.00 - 21.00	** 3 X 15 X					
20.00 - 21.00	* Yoga Vinyasa (1) IS		Tae Kwon Do ** (*) (1) P			
20.15 - 21.00				** Quemagrasas SU		
20.15 - 21.15				* Tai chi (1) M		
20.15 - 21.30			TOTAL-BODY MASTERCLASS *** JH			
20.30 - 21.15				Cycling AL		
20.30 - 21.30		* Yoga Hatha (1) M				
21.00 - 21.45		Cycling AL				

- (1) SALA YOGA
(2) FITNESS
(3) STUDIO PILATES

- * Ejercicios Intensidad Baja.
* * Ejercicios Intensidad Media.
* * * Ejercicios Intensidad Alta.

Profesores que imparten las clases:

X = XAVI	AL = ALICIA	JH = JOHN	M = MONTSERRAT	IS = ISABEL	SU = SUSANA	RA = RAQUEL
	CA = CAROLINA	A = ALBERT		PA = PAU	P = PAULA	

(*) Del 1 de Octubre al 30 de Junio