

HORARI 2011-2012

| | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|---------------|--|---------|----------|--------|-----------|
| 09:15 – 10:15 | PERSONAL TRAINER JOSEP RAMON 09:00 A 11:00 | PILATES | | | PILATES |

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|---------------|-----------------|--------------------------|--|---|--|--|
| 15:30 – 16:30 | | SETMANA 1: BODY ATTACK | | SETMANA 1: BODY PUMP BETULA | | |
| | | SETMANA 2: CICLYNG | | SETMANA 2: TONO | | |
| | | SETMANA 3: AEROBIC | | SETMANA 3: TONO | | |
| | | SETMANA 4: STEP | | SETMANA 4: BODY PUMP BETULA | | |
| 16:30 – 17:30 | | PERSONAL TRAINER | PERSONAL TRAINER JOSEP RAMON 16:00 A 18:00 | PERSONAL TRAINER JOSEP RAMON 16:00 A 18:00 | PERSONAL TRAINER JOSEP RAMON 16:00 A 18:00 | PERSONAL TRAINER JOSEP RAMON 16:00 A 18:00 |
| 18:00 – 19:00 | | BODY TONO BETULA | | SETMANA 1,2 i 4: CICLYNG SETMANA 3: ABDOMINALS | | |
| 19:00-20:00 | | SETMANA 1: CICLING | | BODY TONO BETULA | | |
| | | SETMANA 2: AEROBIC/SALSA | | | | |
| | | SETMANA 3: BODY ATTACK | | | | |
| | | SETMANA 4: STEP | | | | |
| 20:00 – 20:30 | | PERSONAL TRAINER | | | | |
| 20:00 – 21:00 | IOGA 1/10/11 | PILATES | IOGA 1/10/11 | SETMANA 1: BODY PUMP BETULA | | PILATES |
| | | | | SETMANA 2: TONO | | |
| | | | | SETMANA 3: TONO | | |
| | | | | SETMANA 4: BODY PUMP BETULA | | |

Mesos de setembre fins al 15 d'octubre pretemporada Gyncames "Betulaalba". Dimarts de 15:30 a 16:30 i dijous de 20:00 a 21:00.