

OFERTA PROGRAMA CEAM TEMPORADA 2019-2020

	ADULTS	GENT GRAN	ADULTS I GENT GRAN		
GIMNÀS	DILLUNS	DIMARTS	DIMECRES	DIJOURS	DIVENDRES
Hores					
9'15h	CARDIOTONO (50 minuts)	SPINNING (50 minuts)	RITMES LLATINS (50 minuts)	CIRCUIT TRAINING (50 minuts)	PILATES (50 minuts)
10'15h					
10'30h	IOGA (1h)	EN FORMA (50 minuts)	RITMES LLATINS (50 minuts)	EN FORMA (50 minuts)	PRE-PILATES (50 minuts)
11'30h					
15'15h					
16'15h		RITMES LLATINS (50 minuts)	EN FORMA (50 minuts)	CARDIOTONO (50 minuts)	PRE PILATES (50 minuts)
18'00h	RITMES LLATINS (50 minuts)	CARDIOTONO (50 minuts)	TONO-ESTIRAMENT (50 minuts)	POWER DUMBELL (50 minuts)	EN FORMA (50 minuts)
18'50h					
19'00h	CROSS POWER (50 minuts)	PILATES (50 minuts)	CARDIOTONO (50 minuts)	PILATES (50 minuts)	RITMES LLATINS (50 minuts)
19'50h					
20'00h	SPINNING (50 minuts)	POWER DUMBELL (50 minuts)	SPINNING (50 minuts)	CROSS POWER (50 minuts)	SPINNING (50 minuts)
20'50h					
21'00h		IOGA (1h)		IOGA (1h)	
22'00h					

CAN MAGAROLA	DILLUNS	DIMARTS	DIMECRES	DIJOURS	DIVENDRES
Hores					
9'30h					
10'30h		TONO ESTIRAMENTS (1h)		PRE PILATES (1h)	
15'15h					
16'15h			IOGA (1h)		