

# DUPLEX

SPORT CLUB

## CARDIOVASCULAR COS I MENT TONIFICACIÓ

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7h05 - 8h00	TONO SURPRISE	BICI TABLET	SUMBA Anul.lat 14 i 21 d'agost	CYCLING - SURPRISE	STRETCH - PILATES
8h05 - 9h00	CIRCUIT TRAIN	MIX TRX		PILATES - HIPOPRESSIUS	
10h00 - 11h00	FULL TRAIN			FULL TRAIN	
13h20 - 14h15	CIRCUIT TRAIN	H.I.I.T.	PILATES-STRETCH	HIPOPRESSIUS 13h30 Stretching 05/09	DUPLEX PUMP - TRX
	STEP Sumba 26/08-02/09	CYCLING 13h30	CYCLING 13h30	CYCLING 13h30	
	CYCLING			CINTURÓ XPRES 30 minuts	
14h15 - 15h00					
15h30 - 16h25	FULL TRAIN - SUMBA G.A.C.	TONO - CARDIO - TRAIN	FREE BODY TRAIN - CARDIO STEP	G.A.C.	
17h30 - 18h25	PILATES-STRETCH			PILATES - TRX	
18h30 - 19h25	SUMBA	PILATES	GYM TONIC	SUMBA	STRETCH - PILATES 18 hores
	FREE BODY TRAIN	CYCLING		CYCLING	
19h30 - 20h25	IOGA	CARDIO - TONO	SUMBA Anul.lat 28/08 i 04/09	IOGA	
20h30 - 21h25	TONO-G.A.C.	IOGA	H.I.I.T.	STEP - TONO	
	CYCLING				