

Horaris Activitats Dirigides Gimnàs Municipal de Reus

		DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
MATÍ	8.00	8.15 a 9.00 h FULL BODY WORKOUT	8.15 a 9.00 h TBC	8.15 a 9.00 h FITBALL + CAMES	8.15 a 9.00 h STEP	8.15 a 9.00 h GAC	
	9.00	9.15 a 10.00 h GAC	9.15 a 10.00 h STEP	9.00 a 9.45 h PILATES	9.15 a 10.00 h POWER DUMBLE	9.15 a 10.00 h ZUMBA	
				9.15 a 10.00 h TBC			
	10.00	10.00 a 10.45 h IYGALATES	10.15 a 11.00 h GIMNÀSTICA MANTENIMENT GAP	10.00 a 10.45 h PILATES	10.15 a 11.00 h GMTONIFICACIÓ TREN SUPERIOR	10.00 a 10.45 h FULL BODY WORKOUT	10.15 a 11.00 h MANTENIMENT INTENS
11.00		11.00 a 12.00 h MASTERGIM		11.00 a 12.00 h MASTERGIM		10.15 a 11.00 h IYGA	
MIGDIA	12.00	12.15 a 12.45 h TRX	12.15 a 12.45 h ABDOMINALS	12.15 a 12.45 h TRX	12.15 a 12.45 h ABDOMINALS	12.15 a 12.45 h TRX	
TARDA	18.00	18.00 a 18.45 h TBC - GAC	18.00 a 18.45 h ZUMBA	18.00 a 18.45 h STEP	18.00 a 18.45 h GAC	18.00 a 18.45 h TOTAL TONO	TANCAT
	19.00	19.00 a 19.45 h CIRCUIT ENTRENAMENT TREN SUPERIOR	19.00 a 19.45 h BODY PUMP	19.00 a 19.45 h BODY COMBAT	19.00 a 19.45 h ZUMBA STRONG	19.00 a 19.45 h TABATA	
		19.50 a 20.05 h CORE + ESTIRAMENTS		19.50 a 20.05 h CORE + ABDOMINALS		19.50 a 20.05 h CORE + ESTIRAMENTS	
	20.00	20.00 a 21.00 h IYGALATES	20.15 a 21.00 h HIT	20.00 a 21.30 h IYGA	20.00 a 21.00 h PILATES		
				20.15 a 21.00 h HIT			
		tonificació muscular	Cos + ment	coreografiades			

