

























Club Vela Blanes

PROGRAMA SETMANAL D'ACTIVITATS DIRIGIDES 2017

| HORARI | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|---------------|---|---|--|--|---|--|--|
| 9:30 a 10:30 | - |  GAC | - |  30' CYCLING/30'TONO | - | - | - |
| 10:30 a 11:30 |  ZUMBA | - |  TABATA |  *PILATES (10:30) |  ABD+HIOPRESIVOS |  FUNCIONAL |  COS I MENT |
| 13:00 a 13:30 |  ABDOMINALS | - | - | *IYOGA (12:00)  | - | - | - |
| 17:30 a 18:15 | - | - | - |  *PILATES (17:30) | - |  COS I MENT | - |
| 18:00 a 18:45 |  ZUMBA | - |  FUNCIONAL | - |  ZUMBA | - | - |
| 18:30 a 19:15 | - |  GAC | - |  CYCLING | - | - | - |
| 19:30 a 20:15 |  45' CYCLING + 15'ABD |  ZUMBA |  TONIFICACIÓ |  CYCLING |  TABATA | - | - |

Programa d'activitats dirigides, de dilluns a diumenge, excepte festius

*Sessions que no s'inclouen a la quota mensual