

T. ALTA 2018



H. Apertura:
MAYO / JUNIO / JULIO
AGOSTO
08:00 - 14:00 H.
15:00 - 22:00 H.

Carretera Sant Martí d'Empúries,
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Girona

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

08:00 - 09:00

YOGA*

YOGA*

09:00 - 10:00

Surf Training

SPINNG

10:00 - 11:00

SPARTAN TR.

SUPYOGA

SPINNG

X Fit

Abs & Gluts

Surf Training

11:00 - 12:00

X Fit

Abs & Gluts

X Fit

Abs & Gluts

Surf Training

ZUMBA

X Fit

12:00 - 13:00

Surf Training

AQUAGYM

13:00 - 14:00

14:00 - 15:00

15:00 - 16:00

16:00 - 17:00

17:00 - 18:00

AQUAGYM

SPINNG

SPINNG

AQUAGYM

ZUMBA

18:00 - 19:00

SPINNG

X Fit

Abs & Gluts

SPARTAN TR.

Abs & Gluts

X Fit

Abs & Gluts

19:00 - 20:00

Abs & Gluts

FLEX&BALANCE

ZUMBA

FLEX&BALANCE

ZUMBA

FLEX&BALANCE

SPARTAN TR.

20:00 - 21:00

21:00 - 22:00