

INICI - FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	ESPAI	INICI - FINAL
7.30 - 8.20	S1/EXT	HARD TRAINING	BODY BALANCE	BODY PUMP		ATTACK/CXWORX			S1/EXT	7.30 - 8.20
7.30 - 8.20	S3/EXT				CICLO INDOOR				S3/EXT	7.30 - 8.20
8.30 - 9.20	S1/EXT				PILATES				S1/EXT	8.30 - 9.20
8.30 - 9.20	S2/EXT	ZUMBA	GAC			BODY BALANCE			S2/EXT	8.30 - 9.20
8.30 - 9.20	S3/EXT			CICLO INDOOR					S3/EXT	8.30 - 9.20
9.30 - 10.20	S1/EXT	BODY BALANCE	PILATES	ZUMBA	BODY PUMP	HARD TRAINING			S1/EXT	9.30 - 10.20
9.30 - 10.20	S3/EXT				CICLO INDOOR				S3/EXT	9.30 - 10.20
9.30 - 11.00	CARRER		WALKING						CARRER	9.30 - 11.00
10.00 - 10.30	S2/EXT	TREN SUPERIOR				FOAM ROLLER			S2/EXT	10.00 - 10.30
10.00 - 11.00	S3/EXT						CICLO INDOOR		S3/EXT	10.00 - 11.00
10.30 - 11.20	S1/EXT			BODY PUMP		BODY COMBAT			S1/EXT	10.30 - 11.20
10.30 - 11.20	S2/EXT	GAC							S2/EXT	10.30 - 11.20
10.30 - 11.00	S2				ESTIRAMENTS				S2	10.30 - 11.00
10.30 - 11.20	S3/EXT	CICLO INDOOR	CICLO INDOOR			CICLO INDOOR			S3/EXT	10.30 - 11.20
11.00 - 11.30	S2/EXT				HIPOPRESSIUS				S2/EXT	11.00 - 11.30
11.00 - 12.00	S2/EXT							HARD TRAINING	S2/EXT	11.00 - 12.00
11.30 - 12.20	S1/EXT					PILATES			S1/EXT	11.30 - 12.20
11.30 - 12.00	S1/EXT	ESTIRAMENTS	ESTIRAMENTS	FOAM ROLLER					S1/EXT	11.30 - 12.00
12.30 - 13.20	S3/EXT						CICLO INDOOR		S3/EXT	12.30 - 13.20
14.30 - 15.20	S1/EXT		BODY PUMP						S1/EXT	14.30 - 15.20
14.30 - 15.20	S2/EXT	PILATES		HARD TRAINING	ZUMBA				S2/EXT	14.30 - 15.20
14.30 - 15.20	S3/EXT					CICLO INDOOR			S3/EXT	14.30 - 15.20
15.30 - 16.20	S1/EXT	BODY PUMP	BODY BALANCE	ZUMBA	BODY PUMP	SH'BAM			S1/EXT	15.30 - 16.20
16.00 - 16.30	S2	CXWORX							S2	16.00 - 16.30
16.30 - 17.00	S2/EXT		HIPOPRESSIUS	TÁBATA					S2/EXT	16.30 - 17.00
16.30 - 17.20	S2/EXT	HARD TRAINING			GAC	BODY COMBAT			S2/EXT	16.30 - 17.20
16.30 - 17.20	S3/EXT	CICLO INDOOR		CICLO INDOOR	CICLO INDOOR				S3/EXT	16.30 - 17.20
17.00 - 17.30	S2/EXT			TREN SUPERIOR 30'					S2/EXT	17.00 - 17.30
17.00 - 17.50	S1/EXT		GAC						S1/EXT	17.00 - 17.50
17.30 - 18.20	S1/EXT	BODY PUMP		ATTACK/CXWORX	ZUMBA	BODY PUMP			S1/EXT	17.30 - 18.20
17.30 - 18.20	S2	BODY BALANCE		PILATES	BODY BALANCE	ED. POSTURAL			S2	17.30 - 18.20
18.00 - 18.50	S2		BODY BALANCE						S2	18.00 - 18.50
18.10 - 19.00	S1/EXT		ZUMBA						S1/EXT	18.10 - 19.00
18.30 - 19.20	S1			SH'BAM	HARD TRAINING				S1	18.30 - 19.20
18.30 - 19.20	S2/EXT				ATTACK/CXWORX				S2/EXT	18.30 - 19.20
18.30 - 19.20	S3/EXT	CICLO INDOOR							S3/EXT	18.30 - 19.20
18.30 - 19.20	S2			GAC					S2	18.30 - 19.20
18.45 - 19.35	S1/EXT	ZUMBA				SH'BAM			S1/EXT	18.45 - 19.35
18.45 - 19.35	S2					BODY BALANCE			S2	18.45 - 19.35
19.00 - 19.50	S3/TR		CICLO INDOOR						S3/TR	19.00 - 19.50
19.15 - 20.05	S2/EXT		BODY COMBAT						S2/EXT	19.15 - 20.05
19.30 - 20.20	S1/EXT				GAC				S1/EXT	19.30 - 20.20
19.30 - 20.20	S3/EXT			CICLO INDOOR					S3/EXT	19.30 - 20.20
19.45 - 20.35	S2/EXT	BODY PUMP		HARD TRAINING					S2/EXT	19.45 - 20.35
19.45 - 20.35	S3/EXT	CICLO INDOOR				CICLO INDOOR			S3/EXT	19.45 - 20.35
20.30 - 21.20	S1/EXT								S1/EXT	20.30 - 21.20
20.15 - 21.05	S1/EXT		BODY PUMP						S1/EXT	20.15 - 21.05
20.30 - 21.00	S2/EXT				TREN SUPERIOR 30'				S2/EXT	20.30 - 21.00

Tel. 93 402 40 90 - info@emhnh@l-h.cat

La Direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el nombre i l'ordre de les sessions, el contingut, els horaris i els tècnics que les imparteixen.

S1 - Sala 1 S2 - Sala 2 S3 - Sala Ciclo idoor EXT - Exterior CARRER

CARDIOVASCULAR TONIFICACIÓ COS I MENT