

# CALENDARI SESSIONS DIRIGIDES GIMNÀS MUNICIPAL 2022

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
9:15h – 10:00h <b>TONO-GAC</b> (Vanessa)	9:00h - 9:30h <b>GAC</b> (Marga)	9:00h - 9:30h <b>TABATA</b> (Marga)	9:00h - 9:45h <b>PILATES</b> (Marga)	
	9:30h - 10:20h <b>PILATES</b> (Marga)	9:30h - 10:15h <b>JUMPING</b> (Neus)	9:45h - 10:30h <b>A BALLAR!</b> (Marga)	
10:30h - 11:30h <b>LATINO-TONO</b> (Vanessa)	10:30h - 11:30h <b>CORRECTIVA</b> (Marga)	10:30h - 11:30h <b>LATINO-TONO</b> (Vanessa)	10:30h - 11:30h <b>CORRECTIVA</b> (Marga)	
15:15h - 16:00h <b>FULL BODY</b> (Neus)	15:15h - 16:00h <b>TONO-GAC</b> (Marga)	15:15h - 16:00h <b>FULL BODY</b> (Marga)	15:15h - 16:00h <b>JUMPING</b> (Neus)	15:15h - 16:00h <b>ZUMBA</b> (Neus)
16:00h - 16:50h <b>PILATES</b> (Marga) S/V		16:00h - 16.50h <b>PILATES</b> (Marga) S/V		15:15h - 16:00h <b>JUMPING</b> (Marga)
	17:15h - 18:00h <b>CARDIO-GAC</b> (Neus)		17:15h - 18:00h <b>PILATES/BODYART</b> (Neus)	
19:00h - 19.50h <b>AEROTONO-MIX</b> (Marga)	19:00 – 20:00h <b>LATINO-DANCE</b> (Vanessa)	19:00h - 19:45h <b>ZUMBA</b> (Neus)	19:00 – 20:00h <b>LATINO-DANCE</b> (Vanessa)	18:15h - 19:00h <b>HIIT</b> (Laura)
20.00h – 20.50h <b>PILATES</b> (Marga)	19.30h – 20.30h <b>CROSS-FUNCIONAL</b> (Neus) S/V	20:00h - 20:45h <b>JUMPING</b> (Laura)	19.30h – 20.30h <b>CROSS-FUNCIONAL</b> (Neus) S/V	