

SESSIONS DE DINAMITZACIÓ DE SALA CENTRE CAN LLONG



	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07:30	CORE (ABDOMINALS)	ESTIRAMENTS	ESTIRAMENTS	CORE (ABDOMINALS)	ESTIRAMENTS
08:00	ESTIRAMENTS
09:00	CORE (ABDOMINALS)	...
10:00	ESTIRAMENTS	CORE (ABDOMINALS)	CORE (ABDOMINALS)	ESTIRAMENTS	CORE (ABDOMINALS)
12:00	CORE (ABDOMINALS)	ESTIRAMENTS	CORE (ABDOMINALS)	CORE (ABDOMINALS)	ESTIRAMENTS	ESTIRAMENTS	CORE (ABDOMINALS)
16:00	ESTIRAMENTS	CORE (ABDOMINALS)	ESTIRAMENTS	CORE (ABDOMINALS)	CORE (ABDOMINALS)
17:00	CORE (ABDOMINALS)	ESTIRAMENTS	CORE (ABDOMINALS)	CORE (ABDOMINALS)	ESTIRAMENTS	ESTIRAMENTS	...
18:00	CORE (ABDOMINALS)	CORE (ABDOMINALS)	CORE (ABDOMINALS)	ESTIRAMENTS	CORE (ABDOMINALS)
19:00	CORE (ABDOMINALS)	CORE (ABDOMINALS)	CORE (ABDOMINALS)	CORE (ABDOMINALS)	CORE (ABDOMINALS)	ESTIRAMENTS	...

SESSIONS DE DINAMITZACIÓ DE SALA CENTRE GRAN VIA



	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
08:00	ESTIRAMENTS	CORE (ABDOMINALS)	CORE (ABDOMINALS)	ESTIRAMENTS	ESTIRAMENTS
08:00	CORE (ABDOMINALS)
09:00	ESTIRAMENTS	...
10:00	CORE (ABDOMINALS)	ESTIRAMENTS	ESTIRAMENTS	CORE (ABDOMINALS)	CORE (ABDOMINALS)
12:00	ESTIRAMENTS	CORE (ABDOMINALS)	CORE (ABDOMINALS)	ESTIRAMENTS	ESTIRAMENTS	CORE (ABDOMINALS)	ESTIRAMENTS
16:00	CORE (ABDOMINALS)	ESTIRAMENTS	ESTIRAMENTS	CORE (ABDOMINALS)	CORE (ABDOMINALS)
17:00	ESTIRAMENTS	CORE (ABDOMINALS)	CORE (ABDOMINALS)	ESTIRAMENTS	ESTIRAMENTS	ESTIRAMENTS	...
18:00	CORE	ESTIRAMENTS	ESTIRAMENTS	CORE (ABDOMINALS)	CORE (ABDOMINALS)
19:00	ESTIRAMENTS	CORE (ABDOMINALS)	CORE (ABDOMINALS)	ESTIRAMENTS	ESTIRAMENTS	ESTIRAMENTS	...