

GYM BOUTIQUE

GOLF PERALADA

HORARI CLASSES DIRIGIDES

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
9:30 – 10:30	CARDIO PUMP	FUNCIONAL	CARDIO PUMP	GAC	CARDIO PUMP
10:30 – 11:20	CORE / STRETCH	GAC	CORE / STRETCH	FUNCIONAL	CORE / STRETCH
18:30 – 19:20	FUNCIONAL	TONIFICATION BODY / CORE	BODY COMPLET	PILATES	GAC
19:30 – 20:20	PILATES	CARDIO DANCE	GAC / HIPOPRESSIUS	FUNCIONAL	FUNCIONAL