

CLASES DIRIGIDAS 2020



EL ÉXITO ES LA SUMA DE PEQUEÑOS ESFUERZOS,
REPETIDOS DÍA TRAS DÍA

	DURACIÓN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:20-7:40	20'	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
8:00-8:30	30'	ABDOMEN + GLUTEOS	ESTIRAMIENTOS	POWER	ESTIRAMIENTOS	ABDOMEN + PIERNAS		
9:30-10:20	50'	SPINNING	POWER	STEP	SPINNING	ZUMBA		
10:00-10:50	50'						SPINNING	
10:30-10:50	20'		ABDOMEN			CROSS TRAINING		
10:30-11:30	60'				YOGA			
10:30-11:00	30'	PILATES		PILATES				
11:00-11:50	50'						TOTAL COMBAT	
11:15-12:05	50'							SPINNING
11:15-11:35	20'	ABDOMEN	CROSS TRAINING	ABDOMEN	CROSS TRAINING	ABDOMEN		
11:30-12:20	50'							
12:00-12:20	20'	CROSS TRAINING	ABDOMEN	CROSS TRAINING	ABDOMEN			
12:30-12:50	20'							ABDOMEN
13:00-13:20	20'							TÁBATA
13:30-14:20	50'		SPINNING		POWER			
15:30-16:20	50'	POWER	ZUMBA	SPINNING	TOTAL COMBAT	PILATES		
17:00-17:20	20'	TÁBATA	CROSS TRAINING	TÁBATA	CROSS TRAINING	TÁBATA		
17:30-17:50	20'	ABDOMEN		ABDOMEN		ABDOMEN		
17:30-18:00	30'		ABDOMEN +GLUTEO		POWER			
18:00-18:50	50'	POWER	PILATES	TBC	PILATES	ZUMBA		
18:15-19:05	50'	SPINNING					SALSA/BACHATA	
18:00-18:20	20'			CROSS TRAINING		CROSS TRAINING		
18:30-19:00	30'			SPINNING		SPINNING		
18:30-19:20	50'		SPINNING		SPINNING			
19:00-19:50	50'	YOGA	TBC	ZUMBA	STEP			
19:00-19:20	20'	CROSS TRAINING	CROSS TRAINING		CROSS TRAINING	TÁBATA		
19:15-20:05	50'	SPINNING		SPINNING		POWER		
20:00-20:50	50'	ZUMBA	TOTAL COMBAT		YOGA			
20:15-21:05	50'		SPINNING	POWER	SPINNING	SPINNING		
20:20-20:40	20'	TÁBATA		CROSS TRAINING				
20:55-21:15	20'				ABDOMEN			
21:15-21:45	30'	ABDOMEN		MILITARY				
21:15-22:00	45'		POWER		CROSS-BOX			

HORARIO GIMNASIO:

LUNES A VIERNES DE 6:30h A 23:30h

SÁBADOS DE 9:00h A 20:00h

DOMINGOS Y FESTIVOS DE 9:00h A 15:00h



GYMCLUBSPORT

facebook Club Sport gym – Santa Coloma



TEL. 93 466 08 24

TONIFICACIÓN SALA 1	CROSS TRAINING CROSS AREA
SALUD (Cuerpo y mente) SALA 1	COREOGRAFIA (NOVEDAD) SALA 1
CARDIO + TONIFICACIÓN SALA 1	COREOGRAFÍA (CARDIO) SALA 1
QUEMAGRASAS SALA SPINNING	

¡No olvides probar nuestras clases de Spinning Virtual!