

Activitats Joves i Adults Berga Resort

INICI	DURACIO	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	INICI	
7:30	45'	SPN	SPN'S VIRTUAL		SPN'S VIRTUAL		SPN'S VIRTUAL	Instal.lacions Obertes a partir de les 9h		7:30	
	30'	2									
8:00	30'	FITNESS			CIRCUIT FITNESS					8:00	
8:15	30'	PISCINA				PILATES AQUATIC				8:15	
9:30	45'	SPN	SPIN BICI			SPIN BICI				9:30	
	45'	PISCINA	AQUAGIM		AQUAGIM		AQUAGIM				
	45'	2		PILATES		PILATES					
	30'	FITNESS		ELIPSING							
	45'	1			BODY & WEIGHT		TRX				
10:00	15'	FITNESS		ABDOMINALS							10'00
11:00	45'	PISCINA							AQUAGIM	11:00	
	45'	1		ZUMBA							
	45'	SPN		SPN'S VIRTUAL			SPN'S VIRTUAL				
12:00	45'	SPN						SPIN BICI	SPIN BICI	12:00	
12:30	45'	2				HIOPRESSIUS					
13:30	45'	PISCINA	NAT.EXTREM		NAT.EXTREM		NAT.EXTREM			13:30	
13:40	45'	SPN		SPIN BICI		SPIN BICI	SPN'S VIRTUAL	Sala de fitness: Dissabtes oberta de : 10h. a 13'30h. i de 17'30h.a 20'30h. Diumenges i festius oberta de : 10h. a 13'30h. TARDA tancada		13:40	
	30'	FITNESS			ELIPSING						
	45'	1	TRX								
14:10	15'	FITNESS			ABDOMINALS						14:10
14'30	30'	2			HIOPRESSIUS						
15:30	45'	PISCINA	AQUAGIM		AQUAGIM		AQUAGIM				15:30
	45'	SPN	SPIN TONO		SPIN TONO						
	45'	2		PILATES		HIOPRESSIUS					
	45'	1				TRX	TONO FUNCIONAL				
	30'	FITNESS		ELIPSING							
16:00	15'	FITNESS		ABDOMINALS						16:00	
	45'	PISCINA		NATACIO		NATACIO					
16:30	45'	SPN		SPN'S VIRTUAL			SPN'S VIRTUAL			16:30	
17:30	45'	2	PILATES	HIOPRESSIUS						17:30	

