

HORARIS DE LES SESSIONS – DIR MARAGALL

A partir del 8 de març

BOOTCAMP



Inici	Final	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:15	8:00	FULL BODY Sergi	FULL BODY Virtual	FULL BODY Sergi	FULL BODY Virtual	FULL BODY Virtual
8:15	9:00	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual
9:15	10:00	FULL BODY Virtual	METABOLIC Mònica	FULL BODY Virtual	UPPER BODY Mònica	FULL BODY Virtual
13:15	14:00	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual
14:15	15:00	FULL BODY Astrid	FULL BODY Virtual	FULL BODY Astrid	FULL BODY Virtual	FULL BODY Virtual
15:15	16:00	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual
17:15	18:00	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual	FULL BODY Virtual
18:15	19:00	FULL BODY Virtual	LOWER BODY Silvia	FULL BODY Virtual	UPPER BODY Silvia	FULL BODY Virtual
19:15	20:00	FULL BODY Joan	LOWER BODY Silvia	FULL BODY Joan	UPPER BODY Silvia	FULL BODY Virtual
20:15	21:00	FULL BODY Joan	FULL BODY Virtual	FULL BODY Joan	FULL BODY Virtual	FULL BODY Virtual

Inici	Final	Dissabte	Diumenge
9:15	10:00	FULL BODY	FULL BODY Virtual 45'
10:15	11:00	FULL BODY Virtual	FULL BODY Virtual
11:15	12:00	FULL BODY Virtual	FULL BODY Virtual
12:15	13:00	FULL BODY Virtual	FULL BODY Virtual
13:15	14:00	FULL BODY Virtual	FULL BODY Virtual
14:15	15:00	FULL BODY Virtual	FULL BODY Virtual
15:15	16:00	FULL BODY Virtual	FULL BODY Virtual
16:15	17:00	FULL BODY Virtual	FULL BODY Virtual
17:15	18:00	FULL BODY Virtual	FULL BODY Virtual