

DIREBEL

DIR/BOOTCAMP/

A PARTIR DEL 04 DE FEBRER DE 2019

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:30	08:15	5		FULL BODY Oriol		FULL BODY Santi	
13.30	14.15	5	FULL BODY Sara	METABOLIC Maria	FULL BODY Mikel	UPPER BODY Oscar	
14.30	15.15	5	FULL BODY Sara	LOWER BODY Maria	FULL BODY Mikel	UPPER BODY Oscar	FULL BODY Jordi
18.30	19.15	5	FULL BODY Kedar	METABOLIC Iván	FULL BODY Christian	UPPER BODY Pablo	FULL BODY Sergi
19.30	20.15	5	FULL BODY Kedar	LOWER BODY Iván	FULL BODY Christian	METABOLIC Pablo	FULL BODY Sergi
20.30	21.15	5	FULL BODY Kedar	METABOLIC Iván	FULL BODY Christian		

INICI	FI	SALA	DISSABTE
10.30	11.25	5	FULL BODY
11.45	12.40	5	FULL BODY

JAMBOX

A PARTIR DEL 24 D'ABRIL DE 2019

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:30	08:15	4	JAMBOX		JAMBOX		
13.15	14.10	4	JAMBOX	BOXA		BOXA	
14.15	15.10	4	BOXA	JAMBOX	BOXA	JAMBOX	
18.15	19.00	4	JAMBOX		JAMBOX		
19.15	20.00	4	JAMBOX	BOXA	JAMBOX	JAMBOX	JAMBOX
20.15	21.00	4	BOXA	JAMBOX	BOXA	JAMBOX	

