

HORES	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATÍ							
6.20	PES LLIURE 45' Gimnàs	CYCLE 45' S2	FULL BODY 45' S4	CROSS PRIN 45' S3	CYCLE 60' S2 HBX-BOXING 30' S3		
7.05	CORE TRAINING 10' S3	CORE TRAINING 10' S3	HIIT 10' S4	CORE TRAINING 10' S3	CORE TRAINING 10' S3		
7.15			HBX-BOXING 30' S3		PES LLIURE 30' Gimnàs		
8.30	TRX 30' S3	HBX-BOXING 30' S3		PES LLIURE 30' Gimnàs	CORE TRAINING 10' S3		
9.00		CORE TRAINING 10' S3	PILATES 45' S4	CORE TRAINING 10' S3			
9.15	HBX-BOXING 30' S3	CYCLE 45' S2	HIIT 15' S3	HBX-BOXING 30' S3	CYCLE 45' S2		
9.30	IOGA 60' S4		CROSS PRIN 45' S3	IOGA 60' S4			
9.45	CORE TRAINING 15' S3	CORE TRAINING 10' S3	IOGA 60' S4	CORE TRAINING 15' S4		IOGA 60' S4	
10.00	HIIT 15' S3		TRX 30' S3		HBX-BOXING 30' S3	ESPECIAL 45'	
10.30				MEDITACIÓ 30' S4			
10.45			MEDITACIÓ 30' S4			ESPECIAL 45'	
MIGDIA							
13.30	CYCLE STRONG 45' S2 BODY COMBAT 30' S4	CYCLE 45' S2 HBX-BOXING 30' S3		CYCLE 45' S2 TRX 30' S3			
14.00	FULL BODY 45' S4	ZUMBA 45' S4 CROSS PRIN 30' S3	BODY PUMP 45' S4	INTERVAL 45' S4	CROSS PRIN 30' S3		
TARDA							
17.45	INTERVAL 30' S4	PILATES 45' S4 CORE TRAINING 15' S3	TRX 30' S3	PILATES 45' S4 HIIT 15' S3	CORE TRAINING 15' S3		
18:00		FULL BODY 30' S3		CORE TRAINING 15' S3	IOGA 60' S4		
18.15	BODY PUMP 45' S4		HBX-BOXING 30' S3		HIIT 15' S3		
18.30	CYCLE 45' S2 TRX 30' S3	CYCLE 45' S2 IOGA 60' S4	CYCLE 45' S2	CYCLE 45' S2 GAC 30' S4	CORE TRAINING 15' S3		
19.00	ZUMBA 45' S4		BODY PUMP 45' S4	INTERVAL 45' S4	BODY COMBAT 45' S4		
19.30	CYCLE 45' S2	PILATES 45' S4	HIIT 30' S3	HBX-BOXING 30' S3			
19.45	FULL BODY 30' S3	CROSS PRIN 45' S3	ZUMBA 45' S4				



- Dance
- Mind
- Core
- S2 Cycling
- S4 Multiactivity
- Cardio
- Força
- S3 Fitness & HBX



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