



SLAM SPORTS CLUB

ACTIVITATS DIRIGIDES DE MATÍ

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:00 7:50		SPINNING ESTIRAMENTS		SPINNING		
8:00 8:50	PILATES	IOGA				
9:00 9:50						
10:30 11:20						OMNIA FUNCIONAL



SLAM SPORTS CLUB

ACTIVITATS DIRIGIDES DE TARDA

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
16:00 16:50	PILATES	ABDOMINALS CORE	PILATES	ABDOMINALS CORE		
17:00 17:50	BODY SLAM	PILATES	BODY SLAM	SLAM DANCE		
18:00 18:50	PILATES	SLAM DANCE	PILATES	FUNCIONAL	PILATES	
19:00 19:50	<u>BODY SLAM</u> SLAM CYCLING	<u>SLAM CYCLING</u> FUNCIONAL	<u>BODY SLAM</u> SLAM CYCLING	<u>SLAM CYCLING</u> PILATES	SLAM CYCLING	
20:00 20:50	IOGA	ESTIRAMENTS CORE				