

## HORARI 2017

Comte Montemolin, 16

Ulldecona

| HORA               | DILLUNS         | DIMARTS     | DIMECRES        | DIJOUS      | DIVENDRES                      |
|--------------------|-----------------|-------------|-----------------|-------------|--------------------------------|
| 7:15               | BODYPUMP        | ION Cycling | TRX             | BODYBALANCE | SH'BAM                         |
| 8:15               |                 |             |                 |             |                                |
| 9:15               | BODYPUMP        |             | BODYPUMP        |             | SH'BAM<br>STEP CARDIO          |
| 9:15               |                 | ION Cycling |                 | ION Cycling |                                |
| 10:15              | BODYATTACK      | PILATES     | BODYBALANCE     | PILATES     | FUNCTIONAL CORE<br>BODYBALANCE |
| 12:00              |                 |             |                 |             |                                |
| ----- TARDES ----- |                 |             |                 |             |                                |
| 15:20              | SH'BAM          |             | BODYPUMP        | BODYBALANCE | PILATES                        |
| 15:20              |                 | ION Cycling |                 |             |                                |
| 16:15              | PILATES         | BODYPUMP    |                 |             | SH'BAM                         |
| 17:15              |                 |             |                 |             | BODYBALANCE                    |
| 18:00              | FUNCTIONAL CORE | TRX 30'     | FUNCTIONAL CORE |             |                                |
| 18:30              | STEPCOMBAT      | SH'BAM      | BODYPUMP        | TRX CORE    | ION Cycling                    |
| 18:30              | ION Cycling     | ION Cycling |                 | ION Cycling |                                |
| 19:30              | BODYPUMP        | BODYATTACK  | SH'BAM          | BODYBALANCE |                                |
| 19:30              |                 |             | ION Cycling     |             |                                |
| 20:00              |                 |             |                 |             |                                |
| 20:30              | TABATA HIT      | BODYPUMP    | BODYATTACK      |             |                                |
| 20:30              | ION Cycling     |             |                 | ION Cycling |                                |
| 21:15              |                 | PROPIO BOSU | TABATA HIT      | PROPIO BOSU |                                |

LES MILLS  
BODYATTACK

LES MILLS  
BODYPUMP

LES MILLS  
SH'BAM

LES MILLS  
BODYBALANCE

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LES MILLS