



mesesportgym

Enviar mensaje



mesesport@hotmail.com

marc.13.gc, vlad.ene_07, _viictoriaalc_07_ y 10 personas más siguen esta cuenta



mesesportgym • Siguiendo



Gym Mes Esport 2022

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
9:15h-10:30h	HATHA YOGA	SPINNING		SPINNING	HATHA YOGA
10:40h-11:30h	CROSSTRaining	Body FIT	BOX-TRAINING	Body FIT	CROSSTRaining
13:15h-14:00h	CROSSTRaining		CROSSTRaining		BOX-TRAINING
13:45h-14:30h	CROSSTRaining	SPINNING	CROSSTRaining	HATHA YOGA	BOX-TRAINING
15:15h-16:15h	SPINNING	CROSSTRaining	HATHA YOGA	BOX-TRAINING	SPINNING
17:00h-18:00h	KUNG-FU (Ma/12a)	KUG-FÚ (5a/8a)	KUNG-FÚ (Ma/12a)	KUG-FÚ (5a/8a)	
18:00h-19:00h					
18:30h-19:30h	CROSSTRaining	BOX-TRAINING	CROSSTRaining	BOX-TRAINING	
19:00h-20:00h	SPINNING	Body PUMP	SPINNING	SPINNING	CROSSTRaining
18:45h-19:30h			FIT-ESPORT		
19:30h-20:30h	CROSSTRaining	BOX-TRAINING	CROSSTRaining	BOX-TRAINING	
19:30h-20:30h					
20:00h-21:30h	HATHA YOGA		HATHA YOGA		KF0-SANDA
20:30h-21:30h	KF0-SANDA		KF0-SANDA	CUBBA	



Les gusta a vlad.ene_07 y 46 personas más

MAYO 23