



## ACTIVITATS DIRIGIDES

A partir de març 2010

HORARI	SALA	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
7:00 - 7:45	S 1	Cycling	PLL	Tono	Ca	Cycling	PLL	GAC	Ca	Body pump	Ca
7:45 - 8:30	S 1	Body pump	Ca			GAC	Ca			GAC	Ca
8:30 - 9:15	S 1	Step-tono	Ca	GAC	Ca	Tono	Ca	GAC	Ca	Body pump	Ca
9:30-10:15	S 1	Step-tono	Ca	Step	Ca	Body pump	Ca	Aerosalsa	Ca	Body Combat	Je
9:30-10:15	S 2	Tono	Da	Manteniment	Miq	Tono	Je	Manteniment	Miq	Corpore	Ca
9:30 10:15	SF/SC	ABD	Miq	Cycling	Da	ABD	Miq	Cycling	Da		
13:30-14:15	S 1	Step	Ge	Body Combat	Ge	GAC	Ka	Body pump	Ge	TBC	Ka
13:30-14:20	S C	Cycling	PLL	Cycling	La	Cycling	Da	Cycling	JR	Cycling	PLL
14:15-15:00	S 1	Body pump	Ge	Step	Ge	Tono	Ka	Step	Ge	Aerobic	Ka
15:15-16:00	S1/SC	Step	Ge	Body pump	Ge	Cycling	Je	Body combat	Ge	GAC	Ka
17:45-18:30	S 1	GAC	Ka	Tono	ka	Tono	Je	Body pump	Ca	Step-tono	Ka
17:45-18:30	S 2			Aerobic infantil	Je			Aerobic infantil	Je		
18:30-19:15	S 1	Boot Camp	Miq	TBC	ka	Body combat	Ka	GAC	Ca	Boot Camp	Eu
18:30-19:15	sc	Cycling	JR	Cycling	JC	Cycling	La	Cycling	Ed/Ra	Cycling	JC
19:00-19:45	S 2	GAC	Da	Corpore	O	Stretching	Da	Body balance	O	Corpore	Ka
19:15-20:00	S 1	BodyCombat	Eu	Tono	Eu	Body pump	Eu	Aerosalsa	Ca	Step Radical	Eu
19:30-20:20	S C	Cycling	JR	Cycling	JC	Cycling	JR	Cycling	PLL		
20:00-20:45	S 1	Body pump	Ka	Aerobic	Je	Step	Eu	Dansa Ventre	IL	Body pump	Eu
20:15-21:00	S 2	GAC	Eu	Body combat	Eu	GAC	Ka	Corpore	Ka		
20:30-21:00	S F	ABD	An			ABD	An			Cycling 20:00 - 20:50	Ed
20:30-21:20	S C	Cycling	JR	Cycling	Ed	Cycling	JR	Cycling	Edu		
21:00-21:45	S 1	Step Radical	Eu	Body pump	Eu	Aerojazz	Eu	Step	Ka		
21:00-21:45	S 2	GAC	At	Tono	At	Manteniment	At	GAC	At	Estiraments	At

La direcció es reserva el dret a fer qualsevol canvi en aquest horari.

[www.reusdeportiu.es](http://www.reusdeportiu.es)

### MONITORS

#### Sala 1 i 2

At	Antonio
Ca	Carla
Eu	Eugenia
Ge	Genis
IL	Ildede
O	Òscar
Ka	Carolina
Je	Jennifer

#### SALA FITNESS

Mi	Miquel
An	Angel

#### SALA CYCLING

Edu	Eduard
Ra	Raul
JR	Jordi R.
JC	Juanky
La	Laureà
PLL	Pep Ll.
Da	Dalila

IQ-05/AD

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# MARÇ

## CLASSES DISSABTES

<b>DIA 6</b>	<b>10:00 H.</b>	<b>BODY COMBAT</b>	<b>monitor/a</b>	<b>EUGENIA</b>
	<b>11:00 H.</b>	<b>TONO</b>	<b>monitor/a</b>	<b>EUGENIA</b>
<b>DIA 13</b>	<b>10:00 H.</b>	<b>STEP</b>	<b>monitor/a</b>	<b>GENIS</b>
	<b>11:00 H.</b>	<b>BODY COMBAT</b>	<b>monitor/a</b>	<b>GENIS</b>
<b>DIA 20</b>	<b>10:00 H.</b>	<b>AEROBIC</b>	<b>monitor/a</b>	<b>JENNIFER</b>
	<b>11:00 H.</b>	<b>CYCLING</b>	<b>monitor/a</b>	<b>JENNIFER</b>
<b>DIA 27</b>	<b>10:00 H.</b>	<b>GAC</b>	<b>monitor/a</b>	<b>CARLA</b>
	<b>11:00 H.</b>	<b>BODY PUMP</b>	<b>monitor/a</b>	<b>CARLA</b>

TOTES LES CLASSES PASSAN A SER DE NIVELL AVANÇAT

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