


GIMNÀS MUNICIPAL DE SILS

ACTIVITATS DIRIGIDES

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
8:00 a 9:30					
9:30 a 10:30	CARDIO-TONO	G.A.C	BODYWEIGHT	RUTINES DE SALA	PILATES
10:30 a 19:00					
18:00 a 19:00					
19:00 a 20:00	TONO	SALA	SALA	SALA	
		 ZUMBA		TONO	
20:00 a 21:00	CARDIO	PILATES	G.A.C	PILATES	G.A.C
		CICLO-INDOOR		CICLO-INDOOR	
21:00 a 22:00	CICLO-INDOOR		CARDIO		
TITULACIONS I EXPERIENCIES:		LINA	LAURA B.	FRANCESC	ALBERT
		PROFESSIONAL ESPORTIV. ZIN ZUMBA, AEROBIC, TONO, PILATES.....	INEF GAC, TONO....	LLICENCIAT ACTIVITATS FISIQUES ESPORTTIVES TONO, GAC,	GRADUAT EN CAFE