

## GIMNÀS MUNICIPAL DE SILS ACTIVITATS DIRIGIDES

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES										
8:00 a 9:30															
9:30 a 10:30	TONO	G.A.C	CIRCUIT	TONO - CORE	PILATES										
10:30 a 19:00															
18:00 a 19:00		ENTRE-FUNCIONAL													
19:00 a 20:00	CORE-STRETCHING	RUTINES-CIRCUIT	CROSSFIT	RUTINES-CIRCUIT											
		TONO		CARDIO-TONO											
20:00 a 21:00	CROSSFIT	PILATES-AQUAGIM	G.A.C	PILATES											
		CICLO-INDOOR		CICLO-INDOOR											
21:00 a 22:00	CICLO-INDOOR		CICLO-INDOOR												
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;"></td> <td style="width: 15%; background-color: #00b0f0; color: white; text-align: center;"><b>LINA</b></td> <td style="width: 15%; background-color: #ff0000; color: white; text-align: center;"><b>CARLA</b></td> <td style="width: 15%; background-color: #ffff00; color: black; text-align: center;"><b>ALBERT</b></td> <td style="width: 15%; background-color: #92d050; color: black; text-align: center;"><b>JOAN</b></td> </tr> <tr> <td style="vertical-align: top;"><b>TITULACIONS I EXPERIENCIES:</b></td> <td style="vertical-align: top;">PROFESSIONAL ESPORTIVA Nº:1 ZIN ZUMBA, AEROBIC, TONO, PILATES.....</td> <td style="vertical-align: top;">GRADUAT EN CAFE</td> <td style="vertical-align: top;">GRADUAT EN CAFE</td> <td style="vertical-align: top;">CAFE</td> </tr> </table>							<b>LINA</b>	<b>CARLA</b>	<b>ALBERT</b>	<b>JOAN</b>	<b>TITULACIONS I EXPERIENCIES:</b>	PROFESSIONAL ESPORTIVA Nº:1 ZIN ZUMBA, AEROBIC, TONO, PILATES.....	GRADUAT EN CAFE	GRADUAT EN CAFE	CAFE
	<b>LINA</b>	<b>CARLA</b>	<b>ALBERT</b>	<b>JOAN</b>											
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# JULIOL