


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					
		 ZUMBA		CARDIO-TONO					
20:00 a 21:00	CROSSFIT	PILATES	G.A.C	PILATES					
		CICLO-INDOOR		CICLO-INDOOR					
21:00 a 22:00	CICLO-INDOOR		CICLO-INDOOR						
<table style="width: 100%; margin: 0 auto;"> <tr> <td style="width: 33%;"></td> <td style="width: 33%; background-color: #00b0f0; color: white; text-align: center;">LINA</td> <td style="width: 33%; background-color: #ffff00; color: black; text-align: center;">DOMENEC</td> <td style="width: 33%; background-color: #ff0000; color: white; text-align: center;">CARLA</td> </tr> </table>							LINA	DOMENEC	CARLA
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<u>TITULACIONS I EXPERIENCIES:</u>		<table style="width: 100%; border: none;"> <tr> <td style="width: 33%; border: none;"> PROFESSIONAL ESPORTIVA Nº: ZIN ZUMBA, AEROBIC, TONO, PILATES..... </td> <td style="width: 33%; border: none;"> GRADUAT </td> <td style="width: 33%; border: none;"> GRADUAT EN CAFE </td> </tr> </table>				PROFESSIONAL ESPORTIVA Nº: ZIN ZUMBA, AEROBIC, TONO, PILATES.....	GRADUAT	GRADUAT EN CAFE	
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