

HORARIOS

Be You Training Studio

HORA	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADOS	
7:30-8:30		GLOBAL CONDITIONING (MARTA)		POWER STRENGHT (MARTA)		FLEX & FLOW (IMMA)		
9:00- 9:55	1	PILATES (IMMA)	POWER BOXING (MARTA)	ACTIVE AGEING (MARTA)	FLEX&FLOW (IMMA)	ACTIVE AGEING (IMMA)		
10:00- 10:55	1	POWER STRENGHT (IMMA)	FLEX & FLOW (MARTA)	GLOBAL CONDITIONING (MARTA)	ACTIVE AGEING (IMMA)	PILATES (IMMA)	GLOBAL CONDITIONONG	
11:00- 11:55	1	ACTIVE AGEING (IMMA)	GLOBAL CONDITIONING (MARTA)	FLEX & FLOW (MARTA)			FLEX & FLOW	
12:00-12:55								
13:00-14:00								
14:00-14:55	1	POWER STRENGHT (MARTA)	FLEX & FLOW (GEMMA)	POWER BOXING (ORIEL)	BODY WEIGHT (GEMMA)	SH'BAM (ORIEL)		
15:00-15:55	1	SH'BAM (MARTA)	BODY WEIGHT (GEMMA)	GLOBAL CONDITIONING (ORIEL)	FLEX & FLOW (GEMMA)	POWER BOXING (ORIEL)		
16:00-16:55	1		GLOBAL CONDITIONING (XAVI)	POWER STRENGHT (ORIEL)		BODY WEIGHT (GEMMA)		
17:00-17:55	1		FLEX & FLOW (XAVI)		CST (XAVI)	FLEX & FLOW (GEMMA)		
18:00-18:55	1	POWER STRENGHT (MARTA)	TACFIT (XAVI)	FLEX & FLOW (MARTA)	TACFIT (XAVI)			
19:00-19:55	1	ABDO-FLEX (MARTA)	BODY WEIGHT (DIANA)	GLOBAL CONDITIONING (MARTA)	POWER BOXING (DIANA)			
19:15-20:00	2		HIPOPRESIVOS					
20:00-20:55	1	SH'BAM (MARTA)	GLOBAL CONDITIONING (DIANA)	SH'BAM (MARTA)	POWER STRENGHT (DIANA)			
* GIMNASIA HIPOPRESIVA Y TACFIT son actividades especiales con entrada restringida (CONSULTAR CUOTAS)								

TECNICA / FUERZA
FUERZA

CONTROL / TONO
ESTIRAMIENTOS

CARDIO
RESISTENCIA /FUERZA

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