

# HORARIOS

# Be You Training Studio JULIO'19

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