

HORARI D'ACTIVITATS

HORARI:

- De dilluns a divendres: de 6:00 a 12:00h i de 16:30 a 21:00h
- Dissabte: de 9:00 a 13:00h

INFORMACIÓ:

- T. 937 575 900
- factoryparkmataro.com
- info@factoryparkmataro.com

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE		DIUMENGE	
	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT
6:00														
7:00			7:00	CROSS TRAINING: JAIRE			7:00	CROSS TRAINING: JAIRE						
8:00														
9:00	9:15	FUNCTIONAL TRAINING: CARMEL							9:15	FUNCTIONAL TRAINING: CARMEL				
10:00			10:15	HYROX: DANI			10:15	HYROX: DANI						
11:00														
12:00														
13:00							13:15	CIRCUIT TRAINING: DANI						
14:00														
15:00	15:15	CROSS TRAINING: EDU			15:15	CROSS TRAINING: EDU	15:15	CROSS TRAINING: EDU	15:15	CROSS TRAINING: EDU				
16:00														
17:00														
18:00	18:30	OCR: MARC	18:00	CIRCUIT TRAINING: MARC	18:30	OCR: MARC	18:00	CIRCUIT TRAINING: MARC	18:15	CIRCUIT TRAINING: MARC				
19:00	19:15	CROSS TRAINING: EDU			19:15	CROSS TRAINING: EDU			19:15	CROSS TRAINING: EDU				
					19:30	HIIT TRAINING: MARC								
20:00			20:00	CROSS TRAINING: EDU			20:00	CROSS TRAINING: EDU						
21:00														