INSIDE 45 STUDIO

SMALL GROUPS ONE TO ONE FOR TWO

OPEN BOX

METCON INSIDE

MOBILITY

PILATES

WEIGHTLIFTING

INSIDE CORE

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE	
	SALA 01	SALA 02	SALA 01	SALA 02	SALA 01	SALA 02	SALA 01	SALA 02	SALA 01	SALA 02	SALA 01	SALA 02
07.00h - 08.00h												
08.00h - 09.00h												
09.00h - 10.00h												
10.00h - 11.00h												
11.00h - 12.00h												
12.00h - 13.00h												
13.00h - 14.00h												
14.00h - 15.00h												
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