



ESCOLA UNIVERSIT RIA EUSES

PROMOCI  ESPECIAL



QUOTA
MENSUAL
42,5 



MENORS
DE 25 ANYS
39 



MATR CULA
GRAT ITA
0 



ACTIVITATS
DIRIGIDES
TOP

DILLUNS			DIMARTS			DIMECRES			DIJOUS			DIVENDRES		
HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT	HORA	SALA	ACTIVITAT
6:40		REAL RYDING 45'	6:30	1	CROSSTRaining 60'	6:30	1	PILATES 45'	6:30	1	CROSSTRaining 60'	6:30	1	YOGA 45'
8:00	1	KANGOO JUMPS 45'	6:40		REAL RYDING 45'	8:00	1	YOGA 50'	9:15	1	G.A.C. 45'	6:40		REAL RYDING 45'
9:15	1	G.A.C. 45'	8:00	1	BODY PUMP 45'	9:15	1	T.B.C. 45'	9:15		REAL RYDING 45'	7:50		YOGA EXTERIOR 45'
9:15	2	GYM GLOBAL 45'	8:45	1	CX WORX 30'	9:15	Galeries	FLOW HARMONIA 50'	9:15	Galeries	YOGA DIN�MIC VINYASA 50'	8:00	1	ZUMBA 45'
9:15		REAL RYDING 45'	9:15	2	ZUMBA 45'	10:30	1	PILATES 45'	9:45	E.F.	CROSSTRaining 45'	9:15	1	BODY PUMP 45'
10:30	1	BODY BALANCE 45'	9:15	Galeries	ESTIRAMENTS & MOBILITAT 50'	15:10	1	G.A.C. 45'	10:20	Galeries	PILATES POSTURAL 50'	9:15	2	KANGOO POWER 45'
11:30	1	CROSSTRaining 60'	9:30	1	PILATES 45'	17:00		CROSSTRaining 60'	10:30	1	BODY PUMP 45'	9:15	E.F.	GYM GLOBAL 45'
13:30	E.F.	CROSSTRaining 60'	10:20	Galeries	YOGA SUAU 50'	17:30	1	PILATES 45'	15:10		REAL RYDING 45'	10:15	2	INICIACI� KANGOO POWER 30'
15:10	1	BODY PUMP 45'	10:30	2	ZUMBA GOLD 45'	17:30	2	KANGOO POWER 45'	16:15		MARXA N�RDICA 60'	10:30	1	BODY BALANCE 45'
17:00	1	CX WORX 30'	13:30		INICIACI� BTT	17:50	Galeries	ESTIRAMENTS & MOBILITAT 50'	16:30	1	TEENFIT 60'	14:00	1	BODY PUMP 45'
17:30	1	BODY BALANCE 45'	15:10		REAL RYDING 45'	18:30	1	BODY PUMP 45'	17:30	1	BODYJAM 45'	15:10	1	PILATES 45'
18:00		REAL RYDING 45'	16:00	1	CROSSTRaining 60'	18:30	2	ZUMBA 45'	17:50	Galeries	FLOW HARMONIA 50'	17:30	1	BODY PUMP 45'
18:30	1	PILATES 45'	16:30	2	TEENFIT 60'	18:30	E.F.	CROSSTRaining 45'	18:30	1	BODY BALANCE 45'	18:00		CROSSTRaining 60'
18:30	2	CROSSTRaining 45'	17:00	1	KANGOOPOWER 30'	18:45	Galeries	YOGA SUAU 50'	18:30	2	CROSSTRaining 45'	18:30	1	KICKBOXING 60'
18:50	Galeries	FLOW HARMONIA 50'	17:50	Galeries	YOGA DIN�MIC VINYASA 50'	19:00		INICIACI� REAL RYDING 30'	18:50	Galeries	PILATES POSTURAL 50'	19:30	1	FUNCTIONAL BOXING 60'
19:30	1	BODY PUMP 45'	18:00	1	BODY PUMP 45'	19:30	1	G.A.C. 45'	19:30	1	BODY PUMP 45'	DISSABTE		
19:30	2	GYM GLOBAL 45'	18:30	E.F.	CROSSTRaining 45'	19:30	2	GYM GLOBAL 45'	19:30	2	KANGOO DANCE 45'			
19:30		REAL RYDING 45'	18:50	Galeries	ESTIRAMENTS & MOBILITAT 50'	19:30		REAL RYDING 45'	19:50	Galeries	YOGA SUAU 50'	9:00		SORTIDA BTT 60'
19:40	Galeries	RESPIRACI� & MEDITACI� 20'	19:00	1	CX WORX 30'	19:45	Galeries	RESPIRACI� & MEDITACI� 20'	20:15		REAL RYDING 45'	9:00		REAL RYDING 45'
20:00	Galeries	YOGA DIN�MIC VINYASA 50'	19:00		REAL RYDING 45'	20:00	Galeries	YOGA DIN�MIC VINYASA 50'				10:00	1	BODY PUMP 45'
20:15	1	ZUMBA 45'	19:30	1	BODYJAM 45'	20:15	1	PILATES 45'						
			19:30	E.F.	CROSSTRaining 45'									
			19:30	2	INICIACI� KANGOO POWER 30'									
			19:50	Galeries	YOGA SUAU 50'									
			20:00	1	FUNCTIONAL BOXING 60'									
			20:15	2	KANGOO POWER 45'									

DE DILLUNS A DIVENDRES de 6:30h a 21h

TOTS ELS DISSABTES de 8h a 14h i de 17h a 21h

DIUMENGES I FESTIUS de 9:00h a 14:00h

SESSIONS ADAPTADES PER A JOVES DE 14-18 ANYS

SESSIONS EQUILIBRIUM A LES GALERIES

SESSIONS A LA SALA D'ENTRENAMENT FUNCIONAL

SESSIONS REAL RYDING A LA SALA REAL RYDER

SESSIONS PRESENCIALS I GRAVADES EN DIRECTE PER GIMTV.CAT

ACTIVITATS A L'EXTERIOR

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