



**SETMANA | 11**

**18 - 23 NOV.**

**DILLUNS**

Squat Clean

**DIMARTS**

Endurance

**DIMECRES**

Push Press + Strict Press

**DIJOURS**

HIIT

**DIVENDRES**

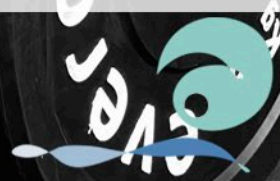
Gymnastics + W. Lunge

**DISSABTE**

Saturday Cross



Ajuntament  
de Pineda de Mar



COMPLEX ESPORTIU MUNICIPAL  
CAN XAUBET