



SETMANA | 14

09 - 14 DES.

DILLUNS

HIIT

DIMARTS

Squat Clean

DIMECRES

Strong Gymnastics

DIJOUS

Deadlift + Box Jump

DIVENDRES

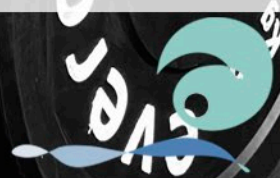
Endurance

DISSABTE

Saturday Cross



Ajuntament
de Pineda de Mar



COMPLEX ESPORTIU MUNICIPAL
CAN XAUBET