



**NOUS HORARIS!**

# **CNB CROSS**

**weightlifting  
& bodybuilding**



**8:00H**

**9:00H**

**DIMARTS**

**13:30H**

**14:30H**

**DILLUNS  
DIJOUS**

**17:00H**

**18:00H**

**DILLUNS  
DIMECRES  
DIVENDRES**

**SALA**  
ZONA  
ENTRENAMENT  
FUNCIONAL  
SALA DE  
FITNESS

**PLACES  
LIMITADES**  
8 PERSONES  
(RESERVES A  
L'APP DEL CNB)

**IMPARTIT PER**  
EMANUEL  
POPPAN

