

Horari classes en grup de loga , Pilates Mat e Hipopressius

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
	07.15 loga Iyengar		07.15 Pilates Mat	
			09:15 loga Iyengar	
10:00 Hatha loga		10.30 Pilates Mat		10.00 Pilates Mat
				14:15 Hipopressius
14.30 Hatha loga	14.30 Pilates Mat	14.30 Hatha loga	14.30 Pilates Mat	14.45 Hatha loga
16.00 loga Iyengar			16.00 Pilates Mat	
18.15 Pilates Mat		18.00 Hatha loga		
19.15 Hatha loga	19.00 Des-Conecta (Relaxació)	19.15 Pilates Mat	19.30 Hatha loga	19.30 Hatha loga
20.30 Pilates Mat	20.30 Hatha loga	20.15 Hatha loga	20.30 Pilates Mat	