

Horari classes en grup

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSAPTE	DIUMENGE
		9:00 BodyPump			9:00–14:00 loga en familia	9:00–14:00 loga en familia
		10:00 Mat Pilates	10:00 Pilates Reformer	10:00 Hatha loga		
12:00 Pilates Reformer						
			13:30 Pilates Reformer			
14:30 Mat Pilates	14:30 Bodybalance	14:30 Hatha loga	14:30 BodyPump	14:30 Hatha loga		
		14:30 Pilates Reformer				
16:30 Hatha loga	16:30 Pilates Reformer					
		17:30 BodyPump		17:30 BodyPump		
18:30 Hipopressius amb Pilates	18:30 Mat Pilates	18:30 Hipopressius amb Pilates	18:30 Bodybalance			
		18:30 Pilates Reformer				
19:30 Bodybalance	19:30 BodyPump	19:30 Hatha loga	19:30 Mat Pilates	19:30 Hatha loga		
19:30 Pilates Reformer						
			20:30 Pilates Reformer			