

# Horari classes en grup

| DILLUNS                        | DIMARTS                | DIMECRES                       | DIJOUS                 | DIVENDRES        | DISSAPTE                   | DIUMENGE                   |
|--------------------------------|------------------------|--------------------------------|------------------------|------------------|----------------------------|----------------------------|
|                                |                        | 10:00 Mat Pilates              | 10:00 Pilates Reformer | 10:00 Hatha loga |                            |                            |
| 11:00 Pilates Reformer         |                        |                                |                        |                  | 9:00–14:00 loga en familia | 9:00–14:00 loga en familia |
|                                |                        |                                | 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         |                        |                  |                            |                            |
| 15:30 BodyPump                 |                        |                                |                        |                  |                            |                            |
| 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 |                  |                            |                            |