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 Bodybalance	14:30 Hatha loga	14:30 BodyPump	14:30 Hatha loga		
15:15 Mat Pilates(30')		14:30 Pilates Reformer				
15:45 BodyPump (30')						
16:30 Hatha loga	16:30 Pilates Reformer			16:30 Pilates Reformer		
		17:30 BodyPump	17:30 Hatha loga	18:00 BodyPump		
18:30 Hipopressius amb Pilates	18:30 Mat Pilates	18:30 Hipopressius amb Pilates	18:30 Bodybalance			
	18:30 Pilates Reformer	18:30 Pilates Reformer				
19:30 Bodybalance	19:30 BodyPump (30')	19:30 Hatha loga	19:30 Mat Pilates	19:30 Hatha loga		
19:30 Pilates Reformer						
	20:30 Hatha loga		20:30 Pilates Reformer			