

ACTIVITATS DIRIGIDES

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
8:30 9:20		IOGA Maria 8:00 a 8:50	PILATES Emanuel		FUNCIONAL Jose
9:30 10:20		FUNCIONAL Jose	PILATES Emanuel		FUNCIONAL TRX Emanuel
13:30 14:20	FUNCIONAL Ana	PILATES Ana	FUNCIONAL Jose	IOGA Maria	PILATES Emanuel
18:30 19:20	HIOPRESSIUS Elena 18:45 a 19:15				
19:15 20:05	FUNCIONAL TRX Elena		IOGA Eli	PILATES Emanuel	
20:15 21:05	PILATES Elena	IOGALATES Emanuel		FUNCIONAL TRX Emanuel	