

ACTIVITATS DIRIGIDES

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
8:30 9:20		IOGA Maria	PILATES Emanuel		CARDIO FUNCIONAL Jose
9:30 10:20		FUNCIONAL Jose	PILATES Emanuel		IOGALATES Emanuel
13:30 14:20	FUNCIONAL Ana	PILATES Ana	FUNCIONAL Jose	IOGA Maria	PILATES Emanuel
18:30 19:20	ABDOMINALS Emanuel 18:45 a 19:15				
19:15 20:05	PILATES Emanuel			FUNCIONAL TRX Emanuel	IOGA Maria
20:15 21:05	FUNCIONAL TRX Pili	IOGALATES Emanuel		PILATES Emanuel	