

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 | HIOPRESSIUS Elena 18:45 a 19:15 | | | | |
| 19:15 20:05 | PILATES Elena | | IOGA Eli | FUNCIONAL TRX Emanuel | |
| 20:15 21:05 | FUNCIONAL TRX Elena | IOGALATES Emanuel | | PILATES Emanuel | |