

HORARI HIVERN 2024-2025

	<i>DILLUNS</i>	<i>DIMARTS</i>	<i>DIMECRES</i>	<i>DIJOURS</i>	<i>DIVENDRES</i>
9.15h-10.00h	<u>G.A.H*</u>	PILATES	PILATES	PILATES	IOGA TERAPÈUTIC
10:15h-11:00h	PILATES				
13,45 h - 14,15 h				<u>PILATES*</u>	
15:30h-16:15h			<u>PILATES*</u>		<u>G.A.H*</u>
17:30h- 18:15h	<u>PILATES*</u>				
17:45h-18:30h		BAILA CON TU BEBE			
18:00h-18.45h					<u>YOGUILATES*</u>
18.30h-19.15h	BODY ART	PILATES	PILATES	TONIFICACIÓ	
19:00h-19:45h					<u>FUSIONSTYLE*</u>
19:30h-20:15h	PILATES		BODY ART	IOGA TERAPÈUTIC	
20:30h-21:30h	<u>HATHA IOGA*</u>				