

		Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
08:15 - 09:30	S1						IOGA	
09:30 - 10:20	S2				PILATES	BODY BALANCE		
10:30 - 11:20	S1	BODY BALANCE	PILATES					
	PS	AIGUA RELAX				AIGUA RELAX		
11:30 - 12:20	S1					IOGA		ESTIRAMENTS
	PS			AIGUA RELAX				
	S2						PILATES	
12:30 - 13:20	S2					BODY BALANCE		
15:30 - 16:20	S1		PILATES		PILATES			
17:30 - 18:20	S2		ESTIRAMENTS		ESTIRAMENTS			
18:30 - 19:20	S2	BODY BALANCE		PILATES		BODY BALANCE		
19:30 - 20:20	S2	PILATES	PILATES	BODY BALANCE	IOGA	ESTIRAMENTS		
20:30 - 21:20	S2	PILATES	IOGA		PILATES	PILATES		