

### YOGABODY Fitness 1: Roger de Flor - Horari de Classes (03/02/2020 - 29/03/2020)

	DILLUNS	DIMARTS	DIMECRES	DIJOURS	DIVENDRES	DISSABTE	DIUMENGE
8:00 - 9:00	Strength	Yoga Wheel	Gravity	Flow	Trapeze		
10:00 - 11:00	Nivel II	Gravity	Trapeze	FreeStyle	Burn	Gravity	Strength
13:00 - 14:00						Trapeze	Burn
13:45 - 14:30	Yoga Express	Yoga Express	Yoga Express	Yoga Express	Yoga Express		
15:00 - 16:00	FreeStyle	Strength	Yoga Wheel	Gravity	Flow		
16:30 - 17:30	Flow	Nivel II	Gravity	FreeStyle	Trapeze		
18:00 - 19:00	Yoga Wheel	Flow	Strength	Burn	Gravity		
19:30 - 20:30	Gravity	Burn	Nivel II	Strength	FreeStyle		
21:00 - 22:00	Nivel II	Gravity	FreeStyle	Trapeze	Yoga Wheel		

#### bodyART Marzo 2020:

Jueves 5, 16:30  
 Jueves 12, 18:00  
 Jueves 19, 16:30  
 Jueves 26, 18:00

### YOGABODY Fitness 2: Torrent de l'Olla - Horari de Classes (03/02/2020 - 29/03/2020)

	DILLUNS	DIMARTS	DIMECRES	DIJOURS	DIVENDRES	DISSABTE	DIUMENGE
10:00 - 11:00	Flow	Gravity	Burn	Trapeze	Strength	Yoga Wheel	Gravity
13:00 - 14:00						Flow	Trapeze
13:45 - 14:30	HIIT		HIIT		HIIT		
18:00 - 19:00	FreeStyle	Strength	Gravity	Nivel II	Yoga Wheel		
19:30 - 20:30	Burn	Yoga Wheel	FreeStyle	Flow	Gravity		
21:00 - 22:00	Gravity	Flow	Trapeze	Strength	FreeStyle		

### YOGABODY Fitness 3: Cartagena - Horari de Classes (03/02/2020 - 29/03/2020)

	DILLUNS	DIMARTS	DIMECRES	DIJOURS	DIVENDRES	DISSABTE	DIUMENGE
10:00 - 11:00	FreeStyle	Trapeze	Nivel II	Flow	Gravity	Burn	Trapeze
11:30 - 12:30	Flow	Burn	Gravity	FreeStyle	Yoga Wheel		
13:00 - 14:00						Gravity	Yoga Wheel
13:45 - 14:30	Yoga Express		Yoga Express		Yoga Express		
15:00 - 16:00		Trapeze		Strength			
16:30 - 17:30	Strength	Gravity	Yoga Wheel	Nivel II	Trapeze		
18:00 - 19:00	Gravity	Strength	FreeStyle	Burn	Flow		
19:30 - 20:30	Yoga Wheel	FreeStyle	Burn	Gravity	Nivel II		
21:00 - 22:00	Trapeze	Nivel II	Gravity	Flow	Strength		

#### bodyART febrero 2020:

Miércoles 5, 18:00  
 Miércoles 12, 19:30  
 Jueves 20, 18:00  
 Miércoles 26, 19:30