

YOGABODY Fitness 1: Roger de Flor - Horari de classes (01/04/2019 - 28/04/2019)

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
08:00 - 09:00	Gravity	Yoga Wheel	Burn	Trapeze	Flow	x	x
10:00 - 11:00	Burn	Strength	Gravity	Nivel II	Yoga Wheel	Gravity	Trapeze
11:30 - 12:30	x	x	x	x	x	x	x
13:00 - 14:00	x	x	x	x	x	Trapeze	Nivel II
13:45- 14:30	Yoga Express	HIIT	Yoga Express	HIIT	Yoga Express		
16:30 - 17:30	Gravity	Flow	Nivel II	Freestyle	Flow		
18:00 - 19:00	Yoga Wheel	Freestyle	Yoga Wheel	Gravity	Burn		
19:30 - 20:30	Flow	Burn	Strength	Burn	Gravity		
21:00 - 22:00	Freestyle	Gravity	Trapeze	Yoga Wheel	Strength		

YOGABODY Fitness 2: Torrent de l'Olla - Horari de classes (01/04/2019 - 28/04/2019)

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

YOGABODY Fitness 3: Cartagena - Horari de classes (01/04/2019 - 28/04/2019)

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
10:00 - 11:00	Gravity	Trapeze	Strength	Yoga Wheel	Burn	Flow	Freestyle
11:30 - 12:30	x	x	x	x	x	x	Trapeze
13:00 - 14:00	x	x	x	x	x	Nivel II	Trapeze
16:30 - 17:30	Flow	Nivel II	Flow	Gravity	Freestyle		
18:00 - 19:00	Yoga Wheel	Strength	Gravity	Burn	Yoga Wheel		
19:30 - 20:30	Strength	Burn	Freestyle	Flow	Strength		
21:00 - 22:00	Trapeze	Gravity	Yoga Wheel	Freestyle	Gravity		