

## YOGABODY Fitness 1: Roger de Flor - Horari de Classes (02/12/2019 - 02/02/2020)

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

## YOGABODY Fitness 2: Torrent de l'Olla - Horari de Classes (02/12/2019 - 02/02/2020)

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

## YOGABODY Fitness 3: Cartagena - Horari de Classes (02/12/2019 - 02/02/2020)

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

### bodyART Diciembre 2019

Jueves 5, 19:30  
Lunes 9, 18:00  
Jueves 19, 19:30  
Lunes 23, 18:00

### bodyART Enero 2020

Jueves 9, 18:00  
Lunes 13, 19:30  
Jueves 23, 18:00  
Lunes 27, 19:30