

YOGABODY #1. Roger de Flor 118 - Horari de classes (01/07/2019 - 28/07/2019)

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

YOGABODY #2. Torrent de l'Olla - Horari de classes (01/07/2019 - 28/07/2019)

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

YOGABODY #3. Cartagena - Horari de classes (01/07/2019 - 28/07/2019)

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