

YOGABODY #1. Roger de Flor 118 - Horari de classes (29/04/2019 - 02/06/2019)

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

YOGABODY #2. Torrent de l'Olla - Horari de classes (29/04/2019 - 02/06/2019)

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

YOGABODY #3. Cartagena - Horari de classes (29/04/2019 - 02/06/2019)

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

*Clase de las 11.30h a partir del 6 de Mayo