

YOGABODY Fitness 1: Roger de Flor - Horari de classes (31/12/2018 - 03/02/2019)

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

YOGABODY Fitness 2: Torrent de l'Olla - Horari de classes (31/12/2018 - 03/02/2019)

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

YOGABODY Fitness 3: Cartagena - Horari de classes (31/12/2018 - 03/02/2019)

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