

# HORARI DE CLASSES DIRIGIDES

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:00-7:50	BODYTONO	BODYTONO	BODYTONO	BODYTONO	TONO-ESTIRA	
8:00-8:50	BODYTONO		TONO-ESTIRA		BODYTONO	
9:00-10:00						
10:00-10:50	FULLBODY	ESTIRAMENTS	FULLBODY	DANCE	FULLBODY	FULLBODY
11:00-12:00						
12:00-12:15						
12:15-14:30						
14:30-15:25		FULLBODY		FULLBODY		
15:30-16:15	BODYTONO		GAC		FULLBODY	
16:30-17:15						
17:30-18:15		BODYTONO		BODYTONO		
18:30-19:15	BODYTONO	FULL-BODY	BODYTONO	HIIT + ABS		
19:30-20:25	DANCE		DANCE	YOGA		
20:30-21:45						