

DILLUNS**DIMARTS****DIMECRES****DIJOUS****DIVENDRES**

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|-------------------------------------|-----------------------------------|-------------------------------------|--------------------------------------|-----------------------------------|
| 9.30 a 11 Chi-Kung Jordi | 9.30-10.45 Yoga Montse | | 9.30-10.45 Yoga Montse | 9.30-10.45 Yoga Montse |
| 11.00-12.15 Yoga Anna | 11.00-12.15 Yoga Montse | 15.30-16.30 Pilates Sonia | 11.00-12.15 Yoga Montse | 11.00-12.15 Yoga Montse |
| 15.15-16.30 Yoga Anna | 17.30-18.45 Yoga Anna | 17.30-18.45 Yoga Montse | 18.30-19.45 Yoga Embaràs | Yoga terapèutic |
| 17.30-18.45 Yoga Montse | 18.30-19.45 Hatha Yoga | 19.30-20.30 Bioenergètica | 20.00-21.15 Yoga Meditació | |
| 20.30-21.30 Pilates Sonia | 20.00-21.15 Anna | 20.30-21.30 Pilates Sonia | 20.00-21.15 Anna | |

