



WELLNESS CENTER

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
9.15-10.15	DANCE MIX/ SPECIFIC ARMS/ABD/ LEGS	STEPS/ SPECIFIC ARMS/ABD/ LEGS	WELLNESS POWER/ STRECHING	DANCE MIX / WELLNESS CLASS		S E M I N A R I
10.30-11.30			TAICHI			
15.15-16.15	STEPS/ SPECIFIC ARMS/ABD/ LEGS	DANCE MIX/ SPECIFIC ARMS/ABD/ LEGS	WELLNESS POWER/ STRECHING	DANCE MIX / WELLNESS CLASS	DANCE MIX 2	
17.20-18.05	INICIACIÓ BALLET (17.15 - 18.15)	PSICO- MOTRICITAT	DANCE MIX 2	PSICO- MOTRICITAT		
18.30-19.15	INICIACIÓ BALLET (18.15 - 19.15)	DANCE MIX 1		DANCE MIX 1		
19.30-20.30	STEPS/ SPECIFIC ARMS/ABD/ LEGS	DANCE MIX/ SPECIFIC ARMS/ABD/ LEGS	WELLNESS POWER/ STRECHING	DANCE MIX / WELLNESS CLASS		
20.30-21.30	TAICHI	WELLNESS POWER/ STRECHING	DANCE MIX/ SPECIFIC ARMS/ABD/ LEGS			