

# GYM BOUTIQUE

## GOLF PERALADA

### HORARI CLASSES DIRIGIDES

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
9:30 – 10:20		IOGA WORKOUT GLUTIS/ABS		FULL BODY IOGA		IOGA ANTIREUMÀTIC
10:30 – 11:20		FULL BODY IOGA		FLEXIBILITAT IOGA		IOGA MEDITATIVA
17:30 – 18:20	FLEXIBILITAT IOGA		FULL BODY IOGA		FULL BODY IOGA	
18:30 – 19:20	IOGA WORKOUT CORE		FLEXIBILITAT DE MALUC IOGA		IOGA WORKOUT GLUTIS/ABS	
19:30 – 20:20	FULL BODY IOGA		IOGA MOBILITAT		IOGA CARDIO	