

FRIZZANT

	MON	TUE	WED	THU	FRI	SAT	SUN
7:00 8:00	VINYASA FLOW Gabi	8:00-9:00H YOGA CLOUDWORKS Casa de les punxes	VINYASA FLOW Yulia		VINYASA FLOW Yulia		
8:00 9:15		SOLTAR & ESTAR Anna		DANZAD MALDITOS María	7:30-8:30H RUN & CONNECT Gabi	08:30-10H SWEAT & CONNECT Mandarin Oriental Hotel	
9:30 10:45	VINYASA FLOW Carmen		ACTIVE YOGA Yulia	YOGA PRE-MAMÁ Laia	ROCKET ADVANCED Carmen	09-10:30H ROOFTOP YOGA El Palace Hotel	09:30-11H ROOFTOP YOGA Mandarin Oriental Hotel
10:00 11:15							10-10:45H SWEAT & CONNECT Gabi
11:30 12:45			PRIMAL MOVE Adriano	11-12:15H YOGA MAMÁ Laia		11-12:30H FLUID BODY Oksana	11:15-12:15H VINYASA FLOW Gabi
13:30 14:15		HIIT PILATES Kailen		TRX TRAINING Kailen			
14:30 15:30		TRX TRAINING Kailen	SWEAT & CONNECT Gabi	HIIT PILATES Kailen			
16:00 17:00					YOGA ALIGNMENT Lele		
17:15 18:15	18-18:45H TRX TRAINING Kailen						VINYASA FLOW Gabi
18:30 19:45	19-19:45H HIIT PILATES Kailen	DANZAD MALDITOS María	POWER VINYASA Carmen	SOLTAR & ESTAR Anna	SPECIAL EVENT Check our online agenda		SPECIAL EVENT Check our online agenda
20:00 21:00	RESET & STRETCH YOGA Fran	ROCKET YOGA Borja	VINYASA FLOW Valentín	RESET & STRETCH YOGA Fran			
21:15 22:30	GOOD NIGHT YOGA Irene	RESTORATIVE YOGA Lele		CURIOUS MEDITATION Marika			

■ CLASE EN INGLÉS

● NIVEL AVANZADO