

# TAUHOLOS

SALUT CONSCIENT

## ESTIRA'T

|                 | DILLUNS                 | DIMARTS               | DIMECRES                | DIJOUS                | DIVENDRES |
|-----------------|-------------------------|-----------------------|-------------------------|-----------------------|-----------|
| IOGA<br>IYENGAR | 09:30-10:45 h<br>Ivanna | 18:20-19:35 h<br>Enoc | 09:30-10:45 h<br>Ivanna | 18:20-19:35 h<br>Enoc | -         |
|                 | 15:15-16:30 h<br>Ivanna |                       | 15:15-16:30 h<br>Ivanna |                       |           |
|                 | 18:45-20:00 h<br>Ivanna |                       | 18:45-20:00 h<br>Ivanna |                       |           |
| IOGA<br>SALUT   | -                       | 19:00-20:00 h<br>Cora | -                       | 19:00-20:00 h<br>Cora | -         |

## CUIDA'T

|                           | DILLUNS                  | DIMARTS                  | DIMECRES                  | DIJOUS                        | DIVENDRES             |
|---------------------------|--------------------------|--------------------------|---------------------------|-------------------------------|-----------------------|
| GIM DOLÇA                 | 10:00-11:00 h<br>Rosanna | 09:00-10:00 h<br>Dani    | 10:00-11:00 h<br>Cristina | 09:00-10:00 h<br>Dani         | -                     |
|                           | 11:00-12:00 h<br>Rosanna | 10:00-11:00 h<br>Blanca  | 11:00-12:00 h<br>Cristina | 10:00-11:00 h<br>Judit / Dani | -                     |
| SALUTGYM (nivell mig)     | -                        | 17:00-18:00 h<br>Rosanna | -                         | 17:00-18:00 h<br>Rosanna      | -                     |
| SALUTGYM (nivell avançat) | -                        | 18:00-19:00 h<br>Rosanna | -                         | 18:00-19:00 h<br>Rosanna      | -                     |
| EECCMM                    | -                        | 20:15-21:30 h<br>Cora    | 17:00-18:15 h<br>Cora     | 20:15-21:30 h<br>Cora         | 09:30-10:45 h<br>Cora |
|                           |                          |                          |                           |                               | 11:00-12:15 h<br>Cora |

## ACTIVA'T

|                                | DILLUNS               | DIMARTS               | DIMECRES              | DIJOUS | DIVENDRES             |
|--------------------------------|-----------------------|-----------------------|-----------------------|--------|-----------------------|
| PILATES                        | -                     | -                     | 19:00-20:00 h<br>Dani | -      | 19:00-20:00 h<br>Dani |
|                                | 20:00-21:00 h<br>Dani | -                     | 20:00-21:00 h<br>Dani | -      | -                     |
| ENTRENAMENT DE FORÇA<br>SÈNIOR | -                     | 09:00-10:00<br>Blanca | -                     | -      | 09:00-10:00<br>Blanca |

## ESPAI DONA

|                               | DILLUNS                     | DIMARTS                             | DIMECRES | DIJOUS                      | DIVENDRES |
|-------------------------------|-----------------------------|-------------------------------------|----------|-----------------------------|-----------|
| IOGA EMBARÀS                  | 17:00-18:30 h<br>Blanca     | -                                   | -        | -                           | -         |
| EMBARÀS FIT                   | -                           | -                                   | -        | 16:00 - 17:00 h<br>Cristina | -         |
| MAMAGYM                       | -                           | 11:00-12:00 h<br>Blanca             | -        | -                           | -         |
| MAMAMEET                      | -                           | 12:00-12:30<br>Blanca               | -        | -                           | -         |
| GRUP SUPORT LACTÀNCIA         | -                           | 12:30-13:30 h<br>Judit / Neus / Mar | -        | -                           | -         |
| WOMAN FITNESS<br>HIPOPRESSIUS | 16:00-17:00 h (*)<br>Blanca | -                                   | -        | -                           | -         |
|                               | 18:30-19:30 h<br>Blanca     | -                                   | -        | 17:00-18:00 h<br>Cristina   | -         |

## CONNECTA'T

|                    | DILLUNS                 | DIMARTS | DIMECRES                | DIJOUS | DIVENDRES |
|--------------------|-------------------------|---------|-------------------------|--------|-----------|
| CERCLE MINDFULNESS | 19:45-21:15 h<br>Eduard | -       | -                       | -      | -         |
| Alumnes MBSR       | -                       | -       | 18:30-21:00 h<br>Eduard | -      | -         |

(\*) Iniciació, Child friendly