CLÍNICA J.J. BOSCÀ

FISIOTERAPIA · OSTEOPATÍA · MEDICINA

# ENTRENAMIENTO

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 09:00 - 10:00<br>**Training Therapy (Máx 9)** | 17:00 - 18:00<br>**Training Therapy (Máx 9)** | 09:00 - 10:00<br>**Training Therapy (Máx 9)** | 09:00 - 10:00<br>**Training Therapy (Máx 9)** | 17:00 - 18:00<br>**Training Therapy (Máx 9)** | | |
| 17:00 - 18:00<br>**Training Therapy (Máx 9)** | 18:00 - 19:00<br>**Training Therapy (Máx 9)** | 18:00 - 19:00<br>**Training Therapy (Máx 9)** | 18:00 - 19:00<br>**Training Therapy (Máx 9)** | | | |
| 18:00 - 19:00<br>**Training Therapy (Máx 9)** | | | | | | |

**04/03/2025**

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HOLI

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| | | | | 11:00 - 12:00<br>**Pilates Senior (Máx 10)** | | |

**04/03/2025**

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# NAMASTÉ

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 18:00 - 19:00<br>**Pilates Terapéutico (Máx 15)** | 10:00 - 11:00<br>**Pilates Terapéutico (Máx 14)** | 18:00 - 19:00<br>**Yoga Terapéutico (Máx 14)** | 10:00 - 11:00<br>**Pilates Terapéutico (Máx 14)** | 18:00 - 19:05<br>**Pilates Terapéutico (Máx 15)** | | |
| 19:00 - 20:00<br>**Pilates Terapéutico (Máx 15)** | 16:00 - 17:00<br>**Pilates Terapéutico (Máx 15)** | 19:00 - 20:00<br>**Pilates Terapéutico (Máx 15)** | 16:00 - 17:00<br>**Pilates Terapéutico (Máx 14)** | 19:05 - 20:00<br>**Yoga Terapéutico (Máx 15)** | | |
| | 17:00 - 18:00<br>**Embarazo Activo - Preparto (Máx 10)** | | 17:00 - 18:00<br>**Embarazo Activo - Preparto (Máx 14)** | | | |
| | 19:00 - 20:00<br>**Pilates Terapéutico (Máx 15)** | | 19:00 - 20:00<br>**Pilates Terapéutico (Máx 15)** | | | |

**04/03/2025**