



# PLANIFICACIÓ D'ACTIVITATS CURS 2023-2024

| DILLUNS   |   |   | DIMARTS  |   |  | DIMECRES  |   |   | DIJOUS  |  |  | DIVENDRES   |   |   |
|---|---|---|--|---|--|---|---|---|---|--|--|---|---|---|
| Sala 1  | Sala 2  | Sala 3  | Sala 1   | Sala 2  | Sala 3                                   | Sala 1  | Sala 2  | Sala 3                                    | Sala 1  | Sala 2   | Sala 3   | Sala 1  | Sala 2  | Sala 3  |
| 9:45-10:30<br>J. Fonda 4BODY<br>Vero/Moni               |   |   | 9:45-10:45<br>Yoga<br>4BODY<br>Moni                |   |  | 9:45-10:30<br>Move 4BODY<br>Vero                              |   |   | 9:45-10:30<br>Stretch 4BODY<br>Moni                   |  |  |   |   |   |
| 13:15-14:15<br>Yoga<br>4BODY<br>Moni                    |   |   | 13:15-14:00<br>J. Fonda 4BODY<br>Vero/Moni         |   | 13:15 - 14:15<br>Aeroyoga 4BODY<br>Olga  | 13:15-14:00<br>Move 4BODY<br>Dani                             |   | 13:15-14:15<br>Yoga<br>4BODY<br>Moni      | 13:15-14:00<br>Stretch 4BODY<br>Moni                  |  |  |   |   |   |
|   |   |   |  |   |  | 16:00-17:00<br>Duos<br>14-17<br>Dani                          | 16:00-17:00<br>Modern Jazz<br>14-17 Ini.<br>Pauline     |   |   |  |  |   |   |   |
| 17:30-18:30<br>Danses Urbanes<br>8-9<br>Dani            | 17:30-18:30<br>Modern Jazz<br>6-7<br>Pauline        | 17:30-18:15<br>Mini Dansa 3-4<br>Vero<br>18:15-19:00<br>Intro dansa 4-5<br>Vero | 17:45-18:45<br>Modern Jazz<br>8-11 Av.<br>*Pauline | 17:45 - 18:45<br>Contemporani<br>10-13<br>Moni      | 17:30 - 18:30<br>LittleMooners<br>Dani   | 17:00-18:30<br>Modern Jazz<br>14-17 Av.<br>Grup 1<br>*Pauline | 17:00-18:15<br>Contemporani<br>14-17 Ini.<br>Moni       |   | 17:45-19:00<br>Modern Jazz<br>11-15 Moyen<br>*Pauline | 17:45-18:45<br>Danses Urbanes<br>10-11 ini<br>Dani | 17:30-18:15<br>Intro dansa 4-5<br>Vero<br>18:15-19:15<br>Danses Urbanes<br>6-7<br>Vero | 17:30-19:00<br>Contemporani<br>14-17 Av.<br>*Moni         | 17:30-18:30<br>Modern Jazz<br>8-9 Ini.<br>Pauline | 17:45-18:45<br>Danses Urbanes<br>10-13 ini<br>Dani  |
| 18:30-19:30<br>Danses Urbanes<br>14-17 intermig<br>Dani | 18:30-19:30<br>Modern Jazz<br>10-13 Ini.<br>Pauline |   | 18:45-19:45<br>Danses Urbanes<br>10-13 Av.<br>Dani | 18:45 - 19:45<br>PJ1<br>Pauline                     | 18:45-19:30<br>Stretch 4BODY<br>Moni     | 18:30-19:30<br>Danses Urbanes<br>10-13 intermig<br>Dani       | 18:30-19:30<br>Modern Jazz<br>Solo Cat.2 i 3<br>Pauline | 18:15 - 19:15<br>Contemporani 8-9<br>Moni | 19:00 - 20:00<br>PJ2<br>Pauline                       | 18:45-19:45<br>Solos 14-17<br>Dani                 |  | 19:00-20:30<br>Modern Jazz<br>14-17Av. Grup 2<br>*Pauline |   | 18:45-19:45<br>Danses Urbanes<br>14-17 Ini.<br>Dani |
| 19:30 - 20:30<br>MiniMooners<br>Dani                    | 19:30-20:30<br>Modern Jazz<br>Solo Prép.<br>Pauline | 19:30-20:30<br>Yoga 4BODY<br>Olga   | 19:45-20:45<br>Sexy Style<br>14-17 TN<br>Dani      | 19:45-20:45<br>Modern Jazz<br>Solo Cat.1<br>Pauline | 19:30-20:30<br>Aeroyoga<br>11-14<br>Olga | 19:30-20:45<br>Modern Jazz<br>10-13 Av.<br>*Pauline           | 19:30-20:30<br>Yoga 4BODY<br>Moni                       | 19:30 - 21:00<br>Mooners<br>Dani          | 20:00-21:00<br>Danses Urbanes<br>14-17 Av.<br>*Dani   |  | 19:30-20:45<br>Aeroyoga 4BODY<br>Olga  |   |   |   |
| 20:30-21:45<br>Modern Jazz<br>Adults TN<br>Pauline      |   | 20:30-21:45<br>Aeroyoga 4BODY<br>Olga   | 20:45 - 21:45<br>Danses Urbanes<br>adults<br>Dani  |   | 20:30-21:45<br>Aeroyoga 4BODY<br>Olga    | 20:45-22:00<br>Contemporani<br>Adults TN<br>Moni              |   |   |   |  |  | 20:30 - 21:30<br>PJ3<br>Pauline                           |   |   |

\* En aquestes classes les edats són orientatives. Després de fer una valoració del nivell de l'alumne, el professor pot decidir que pel seu bon aprenentatge, l'alumne canvi de classe en un altre horari.

| TARIFA MENSUAL           |                         |        | MATRÍCULA                           |  |
|--------------------------|-------------------------|--------|-------------------------------------|--|
| Classes per setmana      | Mini Dansa, Intro dansa | Altres | 65€                                 |  |
| 1 classe per setmana     | 47€                     | 57€    | 25% de descompte amb el carnet Jove |  |
| 2 classe per setmana     | 55€                     | 70€    |                                     |  |
| 3 classe per setmana     | -                       | 80€    |                                     |  |
| 4 classe per setmana     | -                       | 90€    |                                     |  |
| 5 classes o més /setmana | -                       | 100€   |                                     |  |

**Pack 4BODY**  
50€/mes  
(matrícula gratuïta)

| TARIFA MENSUAL PERFECCIONNEMENT |     |
|---------------------------------|-----|
| Grupals                         | 26€ |
| Solos                           | 16€ |
| Duos                            | 16€ |