



MAÑANAS

LUNES	MARTES	MIÉRCOLES	JUEVES
YOGA 8,00 - 09,15 h		YOGA 8,00 - 09,15 h	
YOGA 9,30 - 10,45 h	PILATES MAT 09,30 - 10,30 h	YOGA 9,30 - 10,45 h	PILATES MAT 09,30 - 10,30 h
	PILATES MAT 10,45 - 11,45 h		PILATES MAT 10,45 - 11,45 h



TARDES

PILATES MAT 15'15 - 16'15 h		PILATES STUDIO 15'15 - 16'15		PILATES MAT 15'15 - 16'15 h		PILATES AÉREO 15'15 - 16'15 h	
PILATES STUDIO 16,30 - 17,30 h	HATHA YOGA 16'30 - 17'45 h	PILATES AÉREO 16'30 - 17'30 h	PILATES Postparto 16'30 - 17'45 h	PILATES STUDIO 16,30 - 17,30 h	HATHA YOGA 16'30 - 17'45 h	PILATES AÉREO 16'30 - 17'30 h	PILATES Postparto 16'30 - 17'45 h
PILATES MAT 18 - 19 h	PILATES STUDIO 18 - 19 h	PILATES MAT 18 - 19 h	ED. MATERNAL 18 - 19,15 h	PILATES MAT 18 - 19 h	PILATES AÉREO 18 - 19 h	PILATES MAT 18 - 19 h	ED. MATERNAL 18 - 19,15 h
YOGA Niños 18 - 19 h				YOGA Niños 18 - 19 h			
PILATES MAT 19'15 - 20'15 h	PILATES STUDIO 19'15 - 20'15 h			PILATES MAT 19'15 - 20'15 h	PILATES STUDIO 19'15 - 20'15 h		
HATHA YOGA 19'15 - 20'30 h		PILATES MAT 19'15 - 20'15 h	YOGA PILATES Embarazo 19'15 - 20'30 h	HATHA YOGA 19'15 - 20'30 h		PILATES MAT 19'15 - 20'15 h	YOGA PILATES Embarazo 19'15 - 20'30 h
PILATES STUDIO 20'30 - 21'30 h		PILATES MAT 20'30 - 21'30 h	PILATES STUDIO 20'30 - 21'30 h	PILATES STUDIO 20'30 - 21'30		PILATES AÉREO 20'30 - 21'30 h	PILATES STUDIO 20'30 - 21'30 h