

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
8.30-9.30h			YOGA HATHA		
9.00-10.00h		PILATES REFORMER		PILATES REFORMER	
9.30-10.30 h	PILATES		PILATES		
10.00-11.00 h		PILATES		PILATES	
13.30 a 14.30h		PILATES REFORMER		PILATES REFORMER	
14.30-15.30 h	YOGA HATHA		PILATES		
15.30-16.30 h	PILATES REFORMER	PILATES	PILATES REFORMER	YOGA HATHA	
17.00-18.00h	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	CLASE DE RECUPERACIÓN
18.00-19.00 h	PILATES REFORMER	PILATES	YOGA HATHA	PILATES	
19.00- 20.00 h	PILATES	YOGA HATHA	YOGA KUNDALINI	PILATES	
20.00-21.00 h	PILATES REFORMER	YOGA PRENATAL	PILATES	YOGA AÉREO	

