

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
9.00-10.00h				PILATES REFORMER	
9.30-10.30 h	PILATES				
10.00-11.00 h				YOGA HATHA	
13.30 a 14.30h		PILATES REFORMER		PILATES REFORMER	
14.30-15.30 h	YOGA HATHA	PILATES REFORMER	PILATES	PILATES REFORMER	
15.30-16.30 h	PILATES REFORMER	PILATES		YOGA HATHA	
17.00-18.00h	PILATES REFORMER				17.30 YOGA NIÑOS
18.00-19.00 h	PILATES REFORMER	PILATES	YOGA HATHA PILATES REFORMER	PILATES	18.30 PILATES
19.00- 20.00 h	PILATES	YOGA HATHA PILATES REFORMER	YOGA KUNDALINI	PILATES PILATES REFORMER	19.30 YOGA HATHA
20.00-21.00 h	PILATES REFORMER	YOGA HATHA PILATES REFORMER	PILATES	YOGA AÉREO PILATES REFORMER	
20.15-21.15 h	YOGA PRENATAL				

