

Horario 22/23

hora	lunes	martes	miércoles	jueves	viernes
8:45h			PILATES MAT		PILATES MAT
10:00h		HATHA YOGA 1	HATHA YOGA 2		HATHA YOGA 2
11:30h			AIRYOGA INICIACIÓN		
14:45h		HATHA YOGA N2		HATHA YOGA 2	
17:15h			HATHA YOGA 1		
17:30h	HIPOPRESIVOS				
17:45h		HATHA YOGA 1/2		HATHA YOGA 1/2	
18:45h	HATHA YOGA 2/3		ASHTANGA YOGA		MYSORE*
19:15h		PILATES MAT		PILATES MAT	
20:15h	HATHA YOGA 1				
20:30h		AIRYOGA 2	HATHA YOGA INICIACIÓN	HATHA YOGA 3	

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Parla

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