

hora	lunes	martes	miércoles	jueves	viernes
8:45h			Pilates mat		Pilates mat
10:00h		Hatha yoga I	Hatha yoga I/2		Hatha yoga I/2
11:30h			Airyoga		
14:20h	Hatha yoga I		Hatha yoga I		
14:45h		Hatha yoga 2		Hatha yoga 2	
17:15h			Hatha yoga I		
17:30h	Hipopresivos				
17:45h		Hatha yoga I/2		Hatha yoga I/2	
18:45h	Hatha yoga 3		Ashtanga yoga		Meditación*
19:15h		Pilates mat		Pilates mat	
20:15h	Hatha yoga I				
20:30h		Airyoga2	Hatha yoga I	Hatha yoga 3	

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