

Horario clases en grupo de Yoga, Pilates Mat e Hipopresivos

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
	07.15 Hatha Yoga		07.15 Pilates Mat	
			09:15 Hatha Yoga	
10:00 Hatha Yoga		10.30 Pilates Mat		10.00 Pilates Mat
		14.00 Hipopresivos		
14.30 Hatha Yoga	14.30 Pilates Mat	14.30 Hatha Yoga	14.30 Pilates Mat	14.30 Hatha Yoga
16.00 Yoga Iyengar			16.00 Pilates Mat	
18.15 Pilates Mat		18.00 Hatha Yoga		
19.15 Hatha Yoga	19.30 Hatha Flow Yoga	19.15 Pilates Mat	19.30 Hatha Yoga	19.30 Hatha Yoga
20.30 Pilates Mat	20.30 Hatha Yoga	20.15 Hatha Flow Yoga (English)	20.30 Pilates Mat	