

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 Yoga Iyengar | |
| 10:00 Hatha Yoga | | 10.30 Pilates Mat | | 10.00 Pilates Mat |
| | | | | 14:15 Hipopresivos |
| 14.30 Hatha Yoga | 14.30 Pilates Mat | 14.30 Hatha Yoga | 14.30 Pilates Mat | 14.45 Hatha Yoga |
| 16.00 Yoga Iyengar | | | 16.00 Pilates Mat | |
| 18.15 Pilates Mat | 18.30 Espacio Club | 18.00 Yoga Iyengar | | |
| 19.15 Hatha Yoga | 19.30 Espacio Club | 19.15 Pilates Mat | 19.30 Hatha Yoga | 19.30 Yoga Iyengar |
| 20.30 Pilates Mat | 20.30 Hatha Yoga | 20.15 Hatha Flow Yoga (English) | 20.30 Pilates Mat | |