

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
08:30	Pilates		Pilates		
09:30					Hatha Yoga
10:00	Pilates	Ashtanga Yoga	Pilates	Ashtanga Yoga	
11:00	Pilates		Pilates		
					Hatha Yoga
12:00	Postparto	Prenatal	Postparto	Prenatal	
13:00					

17.30		Hatha Yoga		Hatha Yoga	Kundalini Yoga
18:00	Pilates	Pilates	Pilates	Pilates	
	Yoga Flow				
19:00	Prenatal	Pilates	Prenatal	Pilates	
		Hatha Yoga		Hatha Yoga	
19:30					Yoga Suspensiom
20:00	Pilates	Pilates	Pilates	Pilates	
	Ashtanga Yoga				
20:30		Ashtanga Yoga		Ashtanga Yoga	
21:00	Pilates	Pilates	Pilates	Pilates	