

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
08:30	Pilates		Pilates		
09:30					Hatha Yoga
					Kundalini Yoga
10:00	Pilates	Ashtanga Yoga	Pilates	Ashtanga Yoga	
			Power Yoga		
10:30		Kundalini Yoga		Kundalini Yoga	
11:00	Pilates		Pilates		Pilates
					Yoga Suspensiom
12:00	Prenatal/Postparto	Pilates	Prenatal/Postparto	Pilates	
		Yoga Flow		Yoga Flow	
12:30	Yoga Suspensiom		Yoga Suspensiom		

17:00	Yoga para Niños				Alimentación Consciente
17:30		Hatha Yoga		Hatha Yoga	Kundalini Yoga
18:00	Pilates	Pilates	Pilates	Pilates	Yoga Flow
	Yoga Flow				
19:00	Prenatal	Pilates	Prenatal	Pilates	
		Hatha Yoga	Hatha Vinyasa Yoga	Hatha Yoga	
19:30					Yoga Suspensiom
20:00	Pilates	Pilates	Pilates	Pilates	
	Ashtanga Yoga				Yoga Flow
20:30		Ashtanga Yoga		Ashtanga Yoga	
			Hatha Yoga		
21:00	Pilates	Pilates	Pilates	Pilates	