

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

17:00	Pilates		Pilates	Yoga Suspensiom Chic@s (10 a 14 a)	
			Yoga para Niños (3 a 9 años)		
17:30		Hatha Yoga		Hatha Yoga	Kundalini Yoga
18:00	Pilates	Pilates	Pilates	Pilates	
			Yoga Flow		Yoga Flow
18:30	Power Yoga				
19:00	Prenatal	Pilates	Prenatal	Pilates	
		Hatha Yoga		Hatha Yoga	
19:15			Hatha Vinyasa Yoga		
19:30					Yoga Suspensiom
20:00	Pilates	Pilates	Pilates	Pilates	
	Ashtanga Yoga				Yoga Flow
20:30		Ashtanga Yoga	Hatha Yoga	Ashtanga Yoga	
21:00	Pilates	Pilates	Pilates	Pilates	