

Yoga & Pilates Studio

	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY
8:30	PILATES	VINYASA YOGA	SCULPT	PILATES	YIN YOGA
			PILATES MÁQUINA REFORMER PILATES		
9:30	ESPALDA SANA HEALTHY BACK	HATHA YOGA	YOGA AÉREO AERIAL YOGA	VINYASA YOGA 75'	YOGA AÉREO REST. REST. AERIAL YOGA
			PILATES MÁQUINA REFORMER PILATES		
10:30	SCULPT	BODY BALANCE	PILATES		YIN YOGA
11:00				YOGA AÉREO AERIAL YOGA	
11:30	PILATES	YIN YOGA	YOGA AÉREO AERIAL YOGA		SCULPT
	PILATES MÁQUINA REFORMER PILATES		PILATES MÁQUINA REFORMER PILATES		
12:00				ESPALDA SANA 30' HEALTHY BACK	
14:00			PILATES		
15:30	YOGA AÉREO AERIAL YOGA				
16:30	HATHA YOGA	PILATES	BODY BALANCE	PILATES	YOGA AÉREO ACRO. ACRO. AERIAL YOGA
	PILATES MÁQUINA REFORMER PILATES		PILATES MÁQUINA REFORMER PILATES		
17:30	NIDRA YOGA	VINYASA YOGA 75'	ESPALDA SANA HEALTHY BACK	SCULPT	PILATES
				PILATES MÁQUINA REFORMER PILATES	PILATES MÁQUINA REFORMER PILATES
18:30	PILATES		SCULPT	VINYASA YOGA	ESPALDA SANA HEALTHY BACK
					PILATES MÁQUINA REFORMER PILATES
19:00		MEDITACIÓN 30' MEDITATION			
19:30	YOGA AÉREO ACRO. ACRO. AERIAL YOGA	ESPALDA SANA HEALTHY BACK	PILATES	YOGA AÉREO AERIAL YOGA	BODY BALANCE