



# HORARIO CLASES

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7.30–8.30		Hatha Yoga		Hatha Yoga	
9.00–10.00	Yoga				Yoga
10.30–11.30	Yoga terapéutico				Yoga terapéutico
11.00–12.00		Suelo pélvico		Suelo pélvico	
13.00–14.00		Pilates		Pilates	
14.15–15.15	Pilates		Pilates		
16.00–17.00	(16.15 h) Hatha Yoga	Pilates	(16.15 h) Hatha Yoga	Pilates	
17.00–18.00	Musculates		Musculates		
18.00–19.00		Fisiofit		Fisiofit	
19.00–20.00	Pilates	Yoga terapéutico Suelo pélvico	Pilates	Yoga terapéutico	

