

Yoga & Pilates Studio

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