

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
9:30	ESPALDA SANA HEALTHY BACK	HATHA YOGA	YOGA AÉREO AERIAL YOGA	VINYASA YOGA 75'	YOGA AÉR. REST. 75' REST. AERIAL YOGA
			PILATES MÁQUINA REFORMER PILATES		
10:30	SCULPT	BODY BALANCE	PILATES		
11:00				YOGA AÉREO AERIAL YOGA	YIN YOGA 50'
11:30	PILATES	YIN YOGA	YOGA AÉREO ACRO ACRO. AERIAL YOGA		
	PILATES MÁQUINA REFORMER PILATES		PILATES MÁQUINA REFORMER PILATES		
12:00					
14:00					
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	VINYASA VVFLOW	VINYASA YOGA 75'	ESPALDA SANA HEALTHY BACK	SLOW GAP	PILATES
				PILATES MÁQUINA REFORMER PILATES	
18:30	PILATES		SCULPT	YOGA AÉREO AERIAL YOGA	VINYASA FLOW 75'
					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 30'
					PILATES MÁQUINA REFORMER PILATES