



HORARIOS CLASES DIRIGIDAS

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🕒	Lunes	Martes	Miércoles	Jueves	Viernes
8.30 - 9.00		PILATES		PILATES	
9.00 - 9.30					
9.30 - 10.00		PILATES		PILATES	
10.00 - 10.30					
10.30 - 11.00		PILATES		PILATES	
11.00 - 11.30					
11.30 - 12.00		PILATES			
12.00 - 12.30			YOGA		YOGA
12.30 - 13.00					
13.00 - 13.30					
13.30 - 17.00					
17.00 - 17.30	PILATES		PILATES		
17.30 - 18.00					
18.00 - 18.30	PILATES	HIPOPRESIVOS	PILATES	PILATES	
18.30 - 19.00					
19.00 - 19.30	PILATES		PILATES	PILATES	
19.30 - 20.00					
20.00 - 20.30	PILATES		PILATES		
20.30 - 21.00					