LIVING ROOM
ESPACIO DE BIENESTAR

SALA MULTIUSOS

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
10:00 - 11:00 **Pilates Mat (Máx 11)**	08:30 - 09:30 **Pilates Principiantes (Máx 10)**	08:30 - 09:30 **YOGA HATHA TERAPEUTICO Y RESTAURATIVO (Máx 10)**	08:30 - 09:30 **Pilates Principiantes (Máx 10)**	10:00 - 11:15 **Yoga Iyengar y Anusara (Máx 10)**		
11:15 - 12:15 **Vinyasa Yoga (Máx 10)**	10:00 - 11:00 **Pilates Mat (Máx 11)**	10:00 - 11:00 **Pilates Mat (Máx 11)**	10:00 - 11:00 **Pilates Mat (Máx 11)**	11:30 - 12:30 **Pilates Principiantes (Máx 11)**		
15:30 - 16:30 **Pilates Mat (Máx 11)**	11:30 - 12:30 **Pilates Mat (Máx 11)**	11:30 - 12:30 **Pilates Principiantes (Máx 11)**	11:30 - 12:30 **Pilates Mat (Máx 11)**	15:30 - 16:30 **Pilates Principiantes (Máx 10)**		
17:00 - 18:00 **Pilates Principiantes (Máx 11)**	15:30 - 16:30 **Pilates Mat (Máx 11)**	15:30 - 16:30 **Pilates Mat (Máx 11)**	15:30 - 16:30 **Pilates Mat (Máx 11)**	16:45 - 17:45 **Pilates Embarazadas (Máx 10)**		
18:15 - 19:15 **Pilates Mat (Máx 11)**	16:45 - 17:45 **Pilates Principiantes (Máx 11)**	17:00 - 18:00 **Vinyasa Yoga (Máx 10)**	16:45 - 17:45 **Pilates Principiantes (Máx 11)**	18:00 - 19:00 **Pilates Principiantes (Máx 11)**		
19:30 - 20:30 **Pilates Mat (Máx 11)**	18:00 - 19:00 **Pilates Mat (Máx 11)**	18:15 - 19:15 **Pilates Mat (Máx 11)**	18:00 - 19:00 **Pilates Mat (Máx 11)**	19:15 - 20:15 **Yoga Hatha (Máx 10)**		
20:45 - 22:00 **Yoga Hatha (Máx 10)**	19:15 - 20:15 **Yoga Iyengar y Anusara (Máx 10)**	19:30 - 20:30 **Pilates Mat (Máx 10)**	19:15 - 20:15 **Yoga Iyengar y Anusara (Máx 10)**	20:15 - 21:15 **Yoga Trapeze (Máx 7)**		
	20:15 - 21:00 **Yoga Trapeze (Máx 6)**	20:45 - 21:45 **Pilates Mat (Máx 11)**	20:15 - 21:00 **YOGA FEET UP (Máx 8)**			
	21:15 - 22:15 **Pilates Mat (Máx 11)**		21:15 - 22:15 **Pilates Mat (Máx 11)**			

22/05/2024