

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

8:30h-9:30h  
PILATES-YOGA

9:30h-10:30h  
YOGA Thérapy

12:15h-13:15h  
PILATES BALL

YOGA PRÉNATAL  
María

17:00h-18:00h  
PILATES-YOGA

16:15h-17:15h  
YOGA Gestion  
Stress

18:00h -19:00h  
YOGA Thérapy

18:10h -19:10h  
YOGA Thérapy

17:35h - 18:35h  
PILATES-YOGA

19:10h-20:10h  
PILATES-YOGA