



# Yoga, Pilates y Meditación

Horario 2020-2021

## Aula Azúl

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Hatha Vinyasa Yoga 12:30-13:30		Hatha Vinyasa Yoga 12:30-13:30		Hatha Vinyasa Yoga 12:30-13:30
Hatha Vinyasa Yoga 18:30		Hatha Vinyasa Yoga 18:30		
<b>Pilates</b> 19:30-20:30		<b>Pilates</b> 19:30-20:30		
Hatha Vinyasa Yoga 20:30-21:30	Hatha Vinyasa Yoga 20:30-21:30	Hatha Vinyasa Yoga 20:30-21:30	Hatha Vinyasa Yoga 20:30-21:30	Hatha Vinyasa Yoga 20:30-21:30
	Hatha Vinyasa Yoga 21:30-22:30		Hatha Vinyasa Yoga 21:30-22:30	

## Aula Blanca

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Hatha Yoga english 9:15 - 10:30		Hatha Yoga english 9:15 - 10:30		Hatha Yoga english 9:15 - 10:30
yoga Terapeutico 10:45 -12:00	Yoga con mi bebé 10:30 - 11:30	yoga Terapeutico 10:45 -12:00	Yoga con mi bebé 10:30 - 11:30	yoga Terapeutico 10:45 -12:00
yoga Terapeutico 12:15 - 13:30	Hatha Yoga 12:00 - 13:00	yoga Terapeutico 12:15 - 13:30	Hatha Yoga 12:00 - 13:00	yoga Terapeutico 12:15 - 13:30
		Acroyoga 18:00-20:00		
	Hatha Yoga 19:00 - 20:00		Hatha Yoga 19:00 - 20:00	
Hatha Yoga 20:30 - 21:30	<b>Body Toning</b> 20:30 - 21:30	Hatha Yoga 20:30 - 21:30	<b>Body Toning</b> 20:30 - 21:30	
Meditación 21:30-22:00		Meditación 21:30-22:00		