

| <b>HORARIO</b> | <b>LUNES</b>                       | <b>MARTES</b>         | <b>MIERCOLES</b>        | <b>JUEVES</b>         | <b>VIERNES</b>           |
|----------------|------------------------------------|-----------------------|-------------------------|-----------------------|--------------------------|
| 9:00 – 10:00   | HATHA YOGA                         |                       | HATHA YOGA              |                       | HATHA YOGA               |
| 10:00 – 11:00  | PILATES SUELO                      | PILATES SUELO         | PILATES SUELO           | PILATES SUELO         |                          |
| 11:00 – 12:00  |                                    | HATHA YOGA<br>(11:30) |                         | HATHA YOGA<br>(11:30) |                          |
| 13:00 – 14:00  |                                    |                       |                         |                       |                          |
| 14:00 – 15:00  | GIMNASIA<br>HIPOPRESIVA<br>(14:15) | PILATES SUELO         | HATHA YOGA<br>(14:30)   | PILATES SUELO         |                          |
| 15:00 – 16:00  | HATHA YOGA                         |                       |                         |                       | HATHA YOGA<br>(15:30)    |
| 16:00 - 17:00  |                                    |                       |                         |                       |                          |
| 17:00 – 18:00  |                                    |                       |                         |                       | PILATES SUELO<br>(17:30) |
| 18:00 – 19:00  | INTENSIVO<br>HIPOPRESIVA           | PILATES SUELO         | GIMNASIA<br>HIPOPRESIVA | PILATES SUELO         |                          |
| 19:00 – 20:00  | PILATES SUELO                      | PILATES SUELO         | PILATES SUELO           | PILATES SUELO         |                          |
| 20:00 – 21:00  | PILATES SUELO                      | PILATES SUELO         | PILATES SUELO           | PILATES SUELO         |                          |