

		l	m	x	j	v	s	d
07:15 - 08:00	SALA 1				YOGA			
08:15 - 08:30	XPRESS					STRETCHING		
08:30 - 09:30	SALA 1	PILATES						
09:15 - 10:15	SALA 1						YOGA	
09:30 - 09:45	XPRESS		STRETCHING					
09:30 - 10:30	SALA 1			PILATES				
10:30 - 10:45	XPRESS				STRETCHING			
10:30 - 11:30	SALA 1		YOGA					
11:00 - 12:00	SALA 1					PILATES		
14:15 - 15:15	SALA 1					YOGA		
15:00 - 15:15	XPRESS	STRETCHING						
15:00 - 15:45	SALA 1				PILATES			
15:00 - 16:00	SALA 1	YOGA						
18:00 - 18:15	XPRESS				STRETCHING			
18:00 - 18:45	SALA 1	PILATES						
18:15 - 19:15	SALA 1					YOGA		
18:45 - 19:30	SALA 1			PILATES				
19:00 - 19:15	XPRESS			STRETCHING				
20:15 - 21:15	SALA 1	YOGA						
20:30 - 21:15	SALA 1				PILATES			