

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00	IOGA 10:00 - 10:50		IOGA 10:00 - 10:50			
11:00	ESQUENA SANA 11:00 - 11:50		ESQUENA SANA 11:00 - 11:50	QIGONG 11:00 - 11:50	ESTIRAMIEN TOS HOLISTICOS 11:00 - 11:50	
12:00	IOGA 12:05 - 12:55		IOGA 12:05 - 12:55	ESQUENA SANA 12:05 - 12:55		
17:00	ESTIRAMIEN TOS HOLISTICOS 17:00 - 17:50	TAI-TXÍ 17:00 - 17:50		TAI-TXÍ 17:00 - 17:50		
18:00		TAI-TXÍ 18:00 - 18:50	ESTIRAMIEN TOS HOLISTICOS 18:00 - 18:50	QIGONG 18:00 - 18:50		
19:00	IOGA 19:00 - 19:50	QIGONG 19:00 - 19:50	IOGA 19:00 - 19:50	TAI-TXÍ 19:00 - 19:50		
20:00		PILATES 20:00 - 20:50				
21:00		ESQUENA SANA 21:00 - 21:50		ESTIRAMIEN TOS HOLISTICOS 21:00 - 21:50		