



HORARIO CURSO 22/23

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES
08:00 -09:00	BALANCE		BALANCE	
09:00 -10:00		YOGA VINYASA		YOGA VINYASA
14:00 -15:00	PILATES FITNESS	AEROYOGA		<hr/> PILATES FITNESS <hr/> AEROYOGA
18:00 -19:00	<hr/> DANZA CLÁSICA <hr/> AEROYOGA		<hr/> DANZA CLÁSICA <hr/> AEROYOGA	
18:30 -19:30		YOGA NADA YANTRA		
19-20	<hr/> DANZA CONTEMPORÁEA <hr/> YOGA KUNDALINI	HATHA YOGA	<hr/> DANZA CONTEMPORÁEA <hr/> YOGA KUNDALINI	<hr/> AEROYOGA <hr/> HATHA YOGA
20:00-21:00	DANZA JAZZ	PILATES SUELO	<hr/> PILATES BALLET <hr/> DANZA JAZZ	<hr/> BURLESQUE <hr/> PILATES SUELO <hr/> AEROYOGA
20:00-21:30	DANZA TEATRO			RAJA YOGA-YOGA MENTAL
21:00-22:00		AEROYOGA	DANZA JAZZ - CABARET FOSSE	