

# HORARIOS CURSO

Septiembre 2018- julio 2019



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADOS
	Paralelo		Rotación			
8	8:00 Postural Base	8:00 Vinyasa Yoga (*) 8:00 Postural Barra	8:00 Postural Base	8:00 Postural Barra		
9	9:00 Postural Barra 9:15 Senior	9:15 Vinyasa Yoga (*) 9:15 Senior 9:30 Postural Barra	9:00 Postural Barra 9:15 Senior	9:15 Senior 9:30 Postural Barra 9:30 Vinyasa Yoga (*)	9:30 Postural Tono	
10	10:00 Postural Barra 10:15 Senior	10:15 Senior 10:30 Postural Barra	10:00 Postural Barra 10:15 Senior	10:15 Senior 10:30 Postural Barra 10:30 Vinyasa Yoga (*)	10:30 Postural mixto	10:00 Postural mixto
11	11:00 Postural Barra 11:15 Senior	11:30 Postural Barra	11:00 Postural Barra 11:15 Senior	11:30 Postural Barra		11:30 Postural mixto
12						
13	13:00 Postural Barra	13:30 Postural Barra	13:00 Postural Barra 13:15 Hatha Yoga	13:30 Postural Barra	13:30 Vinyasa Yoga (*)	
14	14:00 Postural Barra 14:15 Hatha Yoga	14:15 Postural Base 14:15 Yoga Integral (*) 14:30 Postural Barra	14:00 Postural Barra	14:15 Postural Base 14:15 Vinyasa Yoga (*) 14:30 Postural Barra	14:00 Postural mixto	
15	15:30 Postural Barra		15:30 Postural Barra		15:15 Postural mixto	
16		16:00 Postural Barra		16:00 Postural Barra		
17	17:00 Postural Barra	17:00 Postural Barra	17:00 Postural Barra	17:00 Postural Barra		
18	18:00 Postural Barra	18:00 Postural Barra	18:00 Postural Barra 18:15 Hatha Yoga (*)	18:00 Postural Barra		
19	19:00 Postural Barra 19:30 Vinyasa Yoga 19:30 Postural Base	19:00 Postural Barra 19:15 Yoga Integral	19:00 Postural Barra 19:30 Yang-Yin Yoga 19:30 Postural Base	19:00 Postural Barra 19:15 Vinyasa Yoga		
20	20:00 Postural Barra	20:00 Postural Barra	20:00 Postural Barra	20:00 Postural Barra		

(\*) Los clases de yoga marcadas con \* son de nueva creación y requieren reserva de plaza previa. Consultar en recepción