

HORARIOS CURSO

Septiembre 2017- julio 2018



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADOS
	Paralelo		Rotación			
7	7:45 Yoga Integral					
8	8:00 Postural Base	8:00 Postural Barra	8:00 Postural Base	8:00 Postural Barra		
9	9:00 Postural Barra	9:15 Senior	9:00 Postural Barra	9:15 Senior	9:30 Postural Tono	
	9:15 Senior	9:30 Postural Barra	9:15 Senior	9:30 Postural Barra		
10	10:00 Postural Barra	10:15 Senior	10:00 Postural Barra	10:15 Senior	10:30 Postural mixto	10:00 Postural mixto
	10:15 Senior	10:30 Postural Barra	10:15 Senior	10:30 Postural Barra		
11	11:00 Postural Barra	11:30 Postural Barra	11:00 Postural Barra	11:30 Postural Barra		11:30 Postural mixto
	11:15 Senior		11:15 Senior			
12			12:30 Hatha Yoga			
13	13:00 Postural Barra	13:30 Postural Barra	13:00 Postural Barra	13:30 Postural Barra	13:30 Postural Barra R	
14	14:00 Postural Barra	14:15 Postural Base	14:00 Postural Barra	14:15 Postural Base	14:30 Postural Barra P	
		14:30 Postural Barra		14:30 Postural Barra		
15	15:30 Postural Barra		15:30 Postural Barra		15:30 Postural Barra R	
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	18:00 Postural Barra		
19	19:00 Postural Barra	19:00 Postural Barra	19:00 Postural Barra	19:00 Postural Barra		
	19:30 Hatha Yoga	19:15 Yoga Integral	19:30 Yin Yoga	19:15 Vinyasa Yoga		
	19:30 Postural Base		19:30 Postural Base			
20	20:00 Postural Barra	20:00 Postural Barra	20:00 Postural Barra	20:00 Postural Barra		