

HORARIO

HORA	LUN	MAR	MIE	JUE	VIE	SAB
9:00 - 9:45	FULLBODY	CORE + GLUTEO	ESPALDA & CORE	CORE + GLUTEO	PILATES	
10:00 - 10:45	ESPALDA & CORE	PILATES	FULLBODY	PILATES	DANCE FLOW	FULLBODY
11:00 - 11:45						BARRE

DESCANSO

18:00 - 18:45	TRIPLE 60'	PILATES	TRIPLE 60'	PILATES	BARRE
19:00 - 19:45	CORE + GLUTEO	TBC	FULLBODY	TBC	CORE + GLUTEO
20:00 - 20:45	FULLBODY		BARRE		FULLBODY