

HORARIOS CURSO

Septiembre 2016- julio 2017



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