



HORARIO ACTIVIDADES

	Luns	Martes	Mércores	Xoves	Venres	Sábado
7:00 - 8:00	FUNCIONAL Lucas		FUNCIONAL Lucas		FUNCIONAL Lucas	
8:00 - 9:00	FUNCIONAL Lucas	PILATES Pili	FUNCIONAL Lucas	PILATES Pili	FUNCIONAL Lucas	
9:00 - 10:00		POWER YOGA Pili		POWER YOGA Pili		
9:30 - 10:30	POWER YOGA Pili				VINYASA YOGA Yareth	
10:00 - 11:00		PILATES Pili	POWER YOGA Pili	PILATES Pili		
10:30 11:30						10:30 ODAKA YOGA Alessandra
11:00 12:00	FUNCIONAL Lucas	FUNCIONAL Pili	FUNCIONAL Lucas	FUNCIONAL Pili	FUNCIONAL Lucas	
14:30 15:00	FUNCIONAL 30	FUNCIONAL 30		FUNCIONAL 30		
16:30 17:30					FUNCIONAL Pili	
17:30 18:30	HATHA YOGA Fernanda	PILATES Vanessa	HATHA YOGA Fernanda	PILATES Vanessa	YIN YOGA Sandra	
18.30 19.30	HATHA YOGA Fernanda	FUNCIONAL Vanessa	HATHA YOGA Fernanda	FUNCIONAL Vanessa		
19.30 20.30	FUNCIONAL Vanessa	YOGA FLOW Sandra	FUNCIONAL Vanessa	YOGA FLOW Sandra		
20:30 21:30	FUNCIONAL Vanessa	HATHA Sandra	FUNCIONAL Vanessa	HATHA Sandra		
21:30 22:30		FUNCIONAL Vanessa		FUNCIONAL Vanessa		