

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
11h		HATHA YOGA	PILATES SOLO	HATHA YOGA	PILATES SOLO
12h15		IYENGAR YOGA		IYENGAR YOGA	
16h30	PERSONAL BALLET		PERSONAL BALLET		
17h		HATHA YOGA		HATHA YOGA	
17h30	BALLET FIT		BALLET FIT		
18h30	IYENGAR YOGA		IYENGAR YOGA		
19h		HATHA YOGA		HATHA YOGA	MEDITAÇÃO
19h30	BALLET FIT		BALLET FIT		