

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA
11h	YOGA INTEGRAL	HATA YOGA	PILATES SOLO	HATA YOGA	PILATES SOLO
12h15		IYENGAR YOGA		IYENGAR YOGA	
15h00					PANDA YOGA
16h30			BALLET PERSONAL		
17h		HATA YOGA		HATA YOGA	
17h30	BALLET FIT		BALLET FIT		
18h00		BALLET PERSONAL			
18h30	IYENGAR YOGA		IYENGAR YOGA		
19h		HATA YOGA		HATA YOGA	