

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