



**CENTRO DE YOGA Y EQUILIBRIO**  
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**HORARIO DE CLASES**

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
PILATES (9:15-10:15)		PILATES (9:15-10:15)		YOGA INTEGRAL (10:30-12:30)
PILATES (10:30-11:30)	PILATES (10:45-11:45)	PILATES (10:30-11:30)	PILATES (10:45-11:45)	
		YOGA (11:45-13:00)		
	PILATES 14:30-15:30		PILATES (14:30-15:30)	
	TERAPEUTICO (17 - 18)			YOGA INTEGRAL (18:00-20:00)
PILATES (17:30-18:30)	PILATES (18:00-19:00)	PILATES (17:30-18:30)	PILATES (18:00-19:00)	
YOGA (19:00-20:15)	PILATES (19:15-20:15)	YOGA (19:00-20:15)	PILATES (19:15-20:15)	
PILATES (20:30-21:30)	YOGA (20:30-21:45)	PILATES (20:30-21:30)	YOGA (20:30-21:45)	
		DANZA ORIENTAL (20:30-21:30)		