

## HORARIOS MAÑANAS Y MEDIO DIA

| HORA/DÍA    | LUNES                   | MARTES           | MIERCOLES        | JUEVES           | VIERNES  |
|-------------|-------------------------|------------------|------------------|------------------|----------|
| 8:00 9:00   | REFORMER                | REFORMER         | REFORMER         | REFORMER         |          |
| 9:00 10:00  | PILATES INTEGRAL        | PILATES INTEGRAL | PILATES INTEGRAL | PILATES INTEGRAL | REFORMER |
| 10:00 11:00 | REFORMER                | REFORMER         | REFORMER         | REFORMER         | REFORMER |
| 11:00 12:00 | REFORMER                | REFORMER         | REFORMER         | REFORMER         |          |
|             | HIPOPRESIVOS + REFORMER |                  |                  |                  |          |
| 14:30 15:30 |                         | PILATES INTEGRAL |                  | PILATES INTEGRAL |          |

## HORARIOS TARDES

| HORA/DÍA    | LUNES            | MARTES           | MIERCOLES        | JUEVES  | VIERNES       |
|-------------|------------------|------------------|------------------|---|---------------|
| 17:00 18:00 |                  |                  | REFORMER         |   |               |
| 17:30 18:30 |                  |                  |                  |   | PILATES AEREO |
| 18:00 19:00 | REFORMER         |                  | REFORMER         |   |               |
| 18:30 19:30 |                  | PILATES INTEGRAL |                  | PILATES INTEGRAL                                | PILATES AEREO |
| 19:00 20:00 | REFORMER         | PILATES AEREO    | REFORMER         | <b>ACONDICIONAMIENTO FÍSICO (AL AIRE LIBRE)</b> |               |
| 19:30 20:30 |                  | PILATES INTEGRAL |                  | PILATES INTEGRAL                                |               |
| 20:00 21:00 | PILATES INTEGRAL | PILATES AEREO    | PILATES INTEGRAL |   |               |
| 20:30 21:30 |                  | PILATES INTEGRAL |                  | PILATES INTEGRAL                                |               |