

LUNS	MARTES	MÉRCORES	XOVES	VENRES
	PILATES 10:30-11:30H	IOGA 10:00-11:00H	PILATES 10:30-11:30H	IOGA 10:00-11:00 H
TAI-CHI 17:30-18:30H	XIMNASIA DE MANTEMENTO (Pavillón Cesuras) 18:45-19:45H	TAI-CHI 17:30-18:30H	XIMNASIA DE MANTEMENTO (Pavillón Cesuras) 18:45-19:45H	
PILATES 19:30-20:30H	IOGA 19:00-20:00H		IOGA 19:00-20:00H	PILATES 19:30-20:30H
ZUMBA 20:30-21:30H	TONIFICACIÓN 19:30-20:30H		TONIFICACIÓN 19:30-20:30H	ZUMBA 20:30-21:30H