



9 hs

PRENATAL

11 hs

POWER

17 hs

INTEGRAL

19 hs

POSTURAL

LUN



9 hs

HATHA

11 hs

HATHA

13 hs

PRENATAL

17 hs

INTEGRAL

19 hs

INTEGRAL

MAR



9 hs

INTEGRAL

17 hs

POSTURAL

19 hs

POSTURAL

MIER



9 hs

PRENATAL

11 hs

POWER

17 hs

POSTURAL

19 hs

HATHA

JUE



9 hs

FUERZA FLEXIBLE

11 hs

POSTURAL

16.30hs

POWER

18.30

HATHA

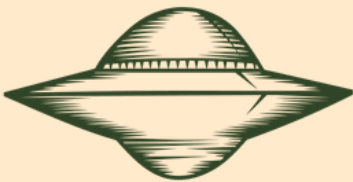
VIER



11 hs

INTEGRAL

SAB



la nave
YOGA