

<b>Saal DG</b> <b>Lunes</b>	<b>Saal RS</b> <b>Lunes</b>	<b>Saal DG</b> <b>Martes</b>	<b>Saal RS</b> <b>Martes</b>
07-08h Good Morning Yoga (Julia)	08:30-9:30h Yoga Gold (Alba)	08-09h Meditación (Kati)	09:00-10h Bellyfitflow™ (Julia)
08-09h Bodystyling (Julia)	09:30-10:30h Pilates Gold (Alba)	09-10:30h Hatha Yoga (Kati)	10-11h Bellyfit® (Julia)
09-10h Dance Move Gold (Julia)		10:30-11:30h Aryuyogaflow (Kati)	11-12h Buti® Yoga (Julia)
10-11h Zumba® Sentao (Julia)			
		15:30-17h Hatha Yoga/Nidra (Julia)	
17-18h Circo Infantil (Anegda)	17-18h Zumba® (Sofia)	17:00 -18:00h Aryuyoga Flow (Kati)	17-18 Peque Baile (Anegda)
18-19:30h Artes aéreas / Aros (Anegda)	18-19h Strong® by Zumba (Sofia)	18-19h Pole Kids (Anegda)	18:30-19:30h Bellyfit® (Julia)
19:30-20:30h Burlesque (Anegda)	19-20h Bellyfit® (Julia)	19-20h Contemporaneo (Anegda)	19:30-20:30h Buti® Yoga (Julia)
20:30-22h Pole Dace (Anegda)	20-21h Ladies Style (Vanessa & Julia)	20-21h Lírico (Anegda)	20:30-21:30h Zumba® Sentao (Julia)
	21-22h Urban Fusion (Vanessa & Julia)	21-22h Pole Dance (Anegda)	21:30-22:30h Latin Move (Julia)

<b>Saal DG</b>	<b>SaI RS</b>	<b>Saal DG</b>	<b>Saal RS</b>
<b>Miércoles</b>	<b>Miércoles</b>	<b>Jueves</b>	<b>Jueves</b>
7:30-08:00h HIIT (Julia)		8:30-9:30h Yoga Gold (Alba)	09-10:30h Vinyasa Yoga (Virginia)
8:00-9:00h Stretching (Julia)	10-11h Soft Yoga (Alba)	9:30-10:30h Pilates Gold (Alba)	10:30-11:30h Zumba® Strong (Sofia)
9:30-11h Hatha Yoga (Julia)	11-12h Soft Pilates (Alba)	11-12:00h Yoga Novus Dance (Julia)	
11-12h Artes Aéreas-Aros (Anegda)		12:15-13:15h Bailamos con Mami/Papi (Julia)	
		14-15h Vinyasa Yoga (Julia)	
			16:30-17:30h Oriental (Laura)
17-18h Pilates (Virginia)	17:30-18h HIIT/ (Julia)	17-17:45h Yoga Kids (Kati)	17:30-18:30h Modern Kids (Laura)
18-19h Vinyasa Yoga (Virginia)	18-19h Urban Belly Fusion (Sereia)	18 -19h Yoga (Soft/Embarazadas) (Alba)	18:30-19h HIIT (Julia)
19-20h Buti Yoga (Julia)	19-20h Fitness Move (Sereia)	19:00-20h Yoga Novus Dance (Julia)	19:15-20:15h Jazz / Electro Swing Teens (Cristina)
20-21h Hatha Yoga /Nidra (Julia)	20-21h Dance Move (Sereia)	20:00-21:30h Hatha Yoga (Virginia)	20:15-21:15h Jazz / Electro Swing adultos (Cristina)
	21-21:30h Belly- Hard- Core (Sereia)	21:30-22:30h Pilates Floor (Virginia)	21:15-22:15 Lindy Hop adultos (Cristina & Julia)

<b>Saal DG</b>	<b>Saal RS</b>	<b>Saal DG</b>	<b>Saal RS</b>
<b>Viernes</b>	<b>Viernes</b>	<b>Sábado</b>	<b>Sábado</b>
	9:30-10:30h Yoga Soft (Alba)	10-11:15h Aro aéreo (Anegda)	9-10h Yoga Soft (Alba)
10:00-11h Pilates Floor (Julia)	10:30-11:30h Strong® by Zumba (Sofia)	11:15-12:30h Pole Dance (Anegda)	10-11h Buti® Yoga (Julia)
11-11:30h Pelvis Floor training (Julia)		12:30-13:30h Tribal Experience (Anegda)	11-12h Bellyfit® (Julia)
11:45-12:45h Yoga para embarazadas (Julia)	18-19h Social		
	19-20h Social	13:30-14:30h SNS Company Dance	
	20-21:15h Urban Heels (Laura)		