

CHAKANA

MOVIMIENTO EN ARMONÍA Y LIBERTAD

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
8.00						
9.00	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates
10.00	Pilates Slow	Pilates	Pilates Slow	Pilates	Pilates Slow	Pilates
11.00	Pilates	Stretching	Pilates	Stretching	Pilates	Pilates
12.00						Pilates
13.00	Pilates		Pilates		Yoga Pilates	
14.00						
15.00	Pilates	Pilates	Pilates	Pilates	Pilates	
16.00	Pilates Slow	Pilates	Yoga Pilates	Pilates	Pilates Slow	
17.00	Pilates	Pilates	Pilates Breath	Pilates	Pilates	
18.00	Power Pilates	Pilates	Power Pilates	Pilates	Power Pilates	
19.00	Pilates	Power Pilates	Pilates	Power Pilates	Pilates	
20.00	Power Pilates	Pilates	Power Pilates	Pilates	Pilates	