

mañanas	Lunes	Martes	Miercoles	Jueves	Viernes
08:45					
09:00					
09:15					
09:30					
09:45					
10:00			YOGA	AFIMA	YOGA
10:15					BT
10:30		GYM			
10:45					
11:00					
11:15					BT
11:30					ROM
11:45		QI GONG			
12:00					
12:15					
12:30					
12:45					
13:00					
tardes	Lunes	Martes	Miercoles	Jueves	Viernes
14.00					
14.45					
15.00					
15.30		BT			
15.45		YOGA			
16.00					
16.15					
16.30					
16.45					
17:00		TAI CHI			
17:15			BT	ROM	
17:30			ROM	BT	
17:45					
18:00					
18:15				TAI CHI	
18:30		ROM			
18:45			TAI CHI		
19:00					
19:15					
19:30		AFIMA			
19:45					
20:00				TAI CHI	
20:15					
20:30					
20:45					
21:00					