

# ACTIVIDADES DOCTOR BERRADA

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
9.00 - 9.30	HIPOPRESIVOS				
9.30 - 10.30	YOGA	ACOND. SENIOR	YOGA	ACOND. SENIOR	ESPALDA SANA
10.30 - 11.30	PILATES	PILATES	PILATES	PILATES	PILATES
11.30 - 12.30	ESPALDA SANA	PILATES	ESPALDA SANA	PILATES	
15.30 - 16.30	PILATES		PILATES		
16.30 - 17.00					
17.00 - 17.30					
17.30 - 18.30	POWER TRAINING	PILATES	ESPALDA SANA	PILATES	PILATES
18.30 - 19.30	YOGA	PILATES	YOGA	PILATES	PILATES
19.30 - 20.30	PILATES	PILATES	PILATES	PILATES	
20.30 - 21.30	PILATES		PILATES		