

ACTIVIDADES  
**Vicente Berdusán**

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
9.00 - 9.30					
9.30 - 10.30					ESPALDA SANA
10.30 - 11.30		PILATES		PILATES	ESPALDA SANA
11.30 - 12.30	ESPALDA SANA	PILATES	ESPALDA SANA	PILATES	POWER TRAINING
13.30 - 14.30			BALLET BARRE		BALLET BARRE
17.30 - 18.30	PILATES	PILATES	PILATES	PILATES	
18.30 - 19.30	PILATES	PILATES	PILATES	PILATES	
19.30 - 20.30	PILATES	PILATES	PILATES	PILATES	
20.30 - 21.30	POWER TRAINING	PILATES	PILATES	PILATES	