



**RAFA NADAL**  
CLUB

# Yoga & Pilates Studio

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
8:30	TRX YOGA	VINYASA	HATHA	VINYASA	HATHA
		PILATES MÁQUINA		PILATES MÁQUINA	
9:30	SLOW GAP	VINYASA	AEROYOGA	HATHA	BODY BALANCE
		PILATES MÁQUINA		PILATES MÁQUINA	
10:30	VINYASA	BODY BALANCE	AEROYOGA	SLOW GAP	YIN-NIDRA
	PILATES MÁQUINA				PILATES MÁQUINA
11:30	HATHA	ESPALDA SANA	HATHA	ESPALDA SANA	
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16:30	VINYASA	PILATES	BODY BALANCE	PILATES	AEROYOGA
	VINYASA	PILATES MÁQUINA		PILATES MÁQUINA	
17:30	AEROYOGA	BODY BALANCE	ESPALDA SANA	SLOW GAP	PILATES
	PILATES MÁQUINA	PILATES MÁQUINA	PILATES MÁQUINA	PILATES MÁQUINA	
18:30	PILATES	SLOW GAP	BODY BALANCE	TRX YOGA	AEROYOGA
	PILATES MÁQUINA	PILATES MÁQUINA	PILATES MÁQUINA	PILATES MÁQUINA	
19:30	AEROYOGA	ESPALDA SANA	PILATES	BODY BALANCE	YIN-NIDRA
	PILATES MÁQUINA	PILATES MÁQUINA		PILATES MÁQUINA	
20:30	BODY BALANCE		VINYASA		