



RAFA NADAL
CLUB

Yoga & Pilates Studio

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
8:30	BODY BALANCE	VINYASA	YIN YOGA	PILATES SUELO	ESPALDA SANA
			PILATES MÁQUINA		
9:30	SLOW GAP	VINYASA	YOGA AERO	HATHA	
			PILATES MÁQUINA		
10:30	YOGA AERO	BODY BALANCE	PILATES	YOGA AERO	HATHA
	PILATES MÁQUINA	PRE-NATAL			PILATES MÁQUINA
20:30					MEDITACIÓN 30'
11:30	PILATES	ESPALDA SANA	YOGA AERO	ESPALDA SANA	YOGA NIDRA
				PRE-NATAL	
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14:00	PILATES MÁQUINA		PILATES SUELO		
16:30	VINYASA	PILATES	BODY BALANCE	PILATES	YOGA AERO
	PILATES MÁQUINA				PILATES MÁQUINA
17:30	YOGA AERO	BODY BALANCE	ESPALDA SANA	SLOW GAP	VINYASA
		PILATES MÁQUINA AV.		PILATES MÁQUINA	PILATES MÁQUINA AV.
18:30	PILATES	SLOW GAP	BODY BALANCE	VINYASA	YOGA AERO
				PILATES MÁQUINA AV.	PILATES MÁQUINA
19:30	YOGA AERO ACROB.	ESPALDA SANA	PILATES	BODY BALANCE	YIN-NIDRA
		PILATES MÁQUINA		PILATES MÁQUINA	
20:30	HATHA			YOGA OUTDOOR	