

Sintonía Studio

pilates + yoga personal trainer

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
08:30	PILATES	PILATES	PILATES	PILATES	PILATES
10:00	YOGA	PILATES	YOGA	PILATES	PILATES
10:00	PILATES ADAPTADO	PILATES ADAPTADO	PILATES ADAPTADO	PILATES ADAPTADO	
11:10	PILATES ADAPTADO	PILATES ADAPTADO	PILATES ADAPTADO	PILATES ADAPTADO	PILATES ADAPTADO
17:00	PILATES	PILATES	PILATES	PILATES	
17:30	YOGA	PILATES	YOGA	PILATES	
18:05	PILATES	PILATES	PILATES	PILATES	PILATES
19:10	PILATES	PILATES	PILATES	PILATES	
19:30		PILATES		PILATES	
20:15	PILATES	YOGA	PILATES	YOGA	