



dharananda

Horario / Orduategia

2019-2020

| Inicio | Duración / Sala | Lunes | Martes | Miércoles | Jueves | Viernes |
|---------|-----------------|---|-------------------------------|---|--------------------------------|---|
| 8:30 h | 60' / S1 | | YOGA INTEGRAL Oier | | | |
| 9:00 h | 90' / S1 | | | | | ESTIRAMIENTOS CADENAS MUSCULARES - Mila |
| 9:30 h | 90' / S1 | YOGA INTEGRAL Oier | | YOGA INTEGRAL Oier | | |
| 9:45 h | 75' / S2 | | | | | |
| 10:30 h | 60' / S1 | | CHI KUNG David | | CHI KUNG David | |
| 10:45 h | 90' / S1 | | | | | ESTIRAMIENTOS CADENAS MUSCULARES - Mila |
| 11:30 h | 60' / S1 | | TAI CHI David | | TAI CHI David | |
| 12:30 h | 60' / S1 | | KUNG-FU David | | KUNG-FU David | |
| 15:15 h | 60' / S1 | YOGA INTEGRAL Iasmína | | | YOGA INTEGRAL Iasmína | |
| 16:30 h | 90' / S1 | | | | | ESTIRAMIENTOS CADENAS MUSCULARES - Mila |
| 16:30 h | 90' / S2 | | | ESTIRAMIENTOS CADENAS MUSCULARES - Mila | | |
| 16:30 h | 60' / S1 | YOGA PRENATAL Iasmína | | | | |
| 17:00 h | 45' / S1 | | KUNG-FU NIÑOS David | | KUNG-FU NIÑOS David | |
| 17:00 h | 90' / S2 | ESTIRAMIENTOS CADENAS MUSCULARES - Mila | | | | |
| 17:45 h | 60' / S1 | | TAI CHI David | | TAI CHI David | |
| 17:45 h | 75' / S1 | YOGA INTEGRAL Oier | | YOGA INTEGRAL Vanesa | | |
| 18:30 h | 60' / S1 | | | | | KUNG-FU Javier |
| 18:30 h | 90' / S2 | | | ESTIRAMIENTOS CADENAS MUSCULARES - Mila | | |
| 18:45 h | 60' / S1 | | CHI KUNG David | | CHI KUNG David | |
| 19:00 h | 60' / S2 | | YOGA AÉREO Vanesa | | YOGA DINÁMICO Iasmína | |
| 19:00 h | 90' / S2 | ESTIRAMIENTOS CADENAS MUSCULARES - Mila | | | | |
| 19:15 h | 75' / S1 | YOGA INTEGRAL Oier | | YOGA INTEGRAL Vanesa | | |
| 19:30 h | 60' / S1 | | | | | TAI CHI Javier |
| 20:00 h | 60' / S1 | | YOGA INTEGRAL MEDIT. - Vanesa | | YOGA INTEGRAL MEDIT. - Iasmína | |
| 20:15 h | 75' / S2 | | | | | |
| 20:30 h | 60' / S1 | | | | | CHI KUNG Javier |
| 20:45 h | 60' / S1 | KUNG-FU David | | KUNG-FU David | | |
| 21:00 h | 60' / S1 | | TAI CHI Amaia | | TAI CHI David | |