

# GYM BOUTIQUE

## GOLF PERALADA

### HORARIO CLASES DIRIGIDAS

|               | LUNES                   | MARTES                         | MIÉRCOLES                         | JUEVES               | VIERNES                        | SÁBADO                 |
|---------------|-------------------------|--------------------------------|-----------------------------------|----------------------|--------------------------------|------------------------|
| 9:30 – 10:20  |                         | YOGA<br>WORKOUT<br>GLUTEOS/ABS |                                   | FULL BODY<br>YOGA    |                                | YOGA<br>ANTIRREUMÁTICO |
| 10:30 – 11:20 |                         | FULL BODY<br>YOGA              |                                   | FLEXIBILIDAD<br>YOGA |                                | YOGA<br>MEDITATIVA     |
| 17:30 – 18:20 | FLEXIBILIDAD<br>YOGA    |                                | FULL BODY<br>YOGA                 |                      | FULL BODY<br>YOGA              |                        |
| 18:30 – 19:20 | YOGA<br>WORKOUT<br>CORE |                                | FLEXIBILIDAD DE<br>CADERA<br>YOGA |                      | YOGA<br>WORKOUT<br>GLUTEOS/ABS |                        |
| 19:30 – 20:20 | FULL BODY<br>YOGA       |                                | YOGA<br>MOBILIDAD                 |                      | YOGA<br>CARDIO                 |                        |