



ANDREA ALMIRANTE ROHM
FISIOTERAPIA

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
8:15-9:15		PILATES			PILATES
9:00-10:00					
9:15-10:15		PILATES			PILATES
9:30-10:30					
10:00-11:00	PILATES (Sala 1) PILATES (Sala 2)		PILATES (Sala 1) PILATES (Sala 2)	HIPOPRES.	
10:15-11:15					
10:30-11:30		PILATES MAYORES			PILATES MAYORES
11:00-12:00	PRENATAL		PRENATAL		
11:15-12:15					
11:30-12:30					
12:00-13:00	PILATES ONLINE (Instagram) PRENATAL (Sala 1)		PILATES ONLINE (Instagram) PRENATAL (Sala 1)	YOGA/ HIPOPRESIVOS ONLINE (Instagram)	
12:15-13:15					
12:30-13:30					



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13:00-14:00					
13:30-14:30					
14:00-15:00					
14:15-15:15					
14:30-15:30		PILATES			
15:00-16:00					
15:30-16:30	PILATES (Sala 1) YOGA (Sala 2)	PILATES	PILATES	PILATES	
16:30-17:30					
17:00-18:00	PILATES	PILATES	HIPOPRES.		PILATES
17:30-18:30					
18:00-19:00	PILATES	PILATES (Sala 2)	PILATES	PILATES (Sala 2)	PILATES
18:30-19:30					
19:00-20:00	PILATES (deportistas) PRENATAL	PILATES	HIPOPRES.	PILATES	
19:30-20:30					
20:00-21:00	PILATES (Sala 1) PILATES (Sala 2)	PILATES	YOGA (Sala 1) PILATES (Sala 2)	PILATES	