

Yoga Pilates Danza - Manolo Santana Racquets Club

MARZO - MARCH 2009

	9.30	10.00	10.30	11.00	14.30	16.30	17.00	18.00	19.45
Martes <i>TUESDAY</i>	GREATWEIGHTED WORKOUT (Sophie) 9.30 - 10.30		PRECISION & FLOW YOGA (Lori) 10.30 - 12.00		HATHA YOGA (Ioana) 14.30 - 15.45	DANCE SCHOOL (Fiona)	DANCE SCHOOL (Fiona)	DANCE SCHOOL (Fiona)	DYNAMIC YOGA (Ian) 19.45 - 21.15
Miercoles <i>WEDNESDAY</i>	POWER PILATES (Sophie) 9.30 - 10.30			PILATES STRETCH (Sophie) 11.00 - 11.45	DANZZACISE (Fiona) 14.30 - 15.30	DANCE SCHOOL (Fiona)	DANCE SCHOOL (Fiona)	DANCE SCHOOL (Fiona)	
Jueves <i>THURSDAY</i>	GREATWEIGHTED WORKOUT (Sophie) 9.30 - 10.30		PRECISION & FLOW YOGA (Lori) 10.30 - 12.00		HATHA YOGA (Ioana) 14.30 - 15.45	DANCE SCHOOL (Fiona)	DANCE SCHOOL (Fiona)	DANCE SCHOOL (Fiona)	DYNAMIC YOGA (Ian) 19.45 - 21.15
Viernes <i>FRIDAY</i>	TGI FRIDAYS BODYBLITZ (Sophie) 9.30 - 10.30			PILATES CORE BEGINNERS (Sophie) 11.00 - 11.45			HIP HOP (9 - 12 ages) (Cyril)	HIP HOP (13+ ages) (Cyril)	DANCE SCHOOL (Fiona)
Sabado <i>SATURDAY</i>		CIRCUIT TRAINING (Sophie) 10.00 - 11.15		PRECISION & FLOW YOGA (Lori) 11.15 - 12.45	BALLET PEQUES (4 -6 ages) (Fiona)	DANCE SCHOOL (Fiona)	DANCE SCHOOL (Fiona)		

PRECIOS: €12 Clase o Bono 10 Clases €100. DANCE SCHOOL (Fiona) Tlf. 663 646 040

PRICES: €12 Drop In Class or 10 Class Pass €100. DANCE SCHOOL (Fiona) Tel. 663 646 040