



GECI

Grupo de Empleados El Corte Inglés

mimo
by Maternalia

CLASES ADULTOS

mim
by Maternalia

HORARIO DESDE 11 SEPTIEMBRE 2023

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
MAÑANA			8:30h Morning Yoga		8:00h TONIFICA*TE
	9:30h Yin Yoga	9:30h Zumba	9:30h Dance Training	9:30h Strong Nation by Zumba	9:30h Core & Suelo Pélvico
	10:45h Dance Training	10:45h TRX-Funcional	10:45h Pilates	10:30h Yoga Prenatal	
			12h Dance Training MATERINITY	11:45h Yoga Mum&Baby	12h TRX-Funcional
MEDIODÍA	14:30h Pilates	14h Dance Training	14h Hipopresivos 1	14h Core & Suelo Pélvico	14h Hot Pilates
	15:30h HIIT 45'	15h Zumba	15h Hatha VinyasaYoga	15:30h Dance Training	
TARDE	17:30h TONIFICA*TE	17:30h Yoga y Suelo Pélvico	17:30h Pilates	17:30h GAP	
	18:30h Yoga Prenatal	18:30h GAP	18:30h Dance Training MATERINITY	18:30h TONIFICA*TE	18:30h Dance Training
	19:30h Hipopresivos 2	19:30h TOTAL BODY HIIT	19:30h Dance Training	19:30h Hatha Yoga	