



## ARTES MARCIALES

| AIKIDO <span style="float: right;">David Carrillo</span>             |      |             |
|--|------|-------------|
|  | AM   | PM          |
| L-Mi-J   | 6:00 |             |
| L-Mi-V   |      | 7:00 y 8:00 |
| CHI-KUNG <span style="float: right;">Evaristo Alvarado</span>        |      |             |
|  | AM   | PM          |
| L-Mi-V   | 9:00 |             |
| TAI CHI <span style="float: right;">Evaristo Alvarado</span>         |      |             |
|  | AM   | PM          |
| M-J  |      | 8:30        |
| ZHINENG QI GONG <span style="float: right;">Evaristo Alvarado</span> |      |             |
|  | AM   | PM          |
| M-J  | 9:00 |             |
| KUNG FU <span style="float: right;">Evaristo Alvarado</span>         |      |             |
|  | AM   | PM          |
| +5a M-J  |      | 4:00        |
| +6a M-J  |      | 5:00 y 6:30 |

## FITNESS

| MARINE TRAINING <span style="float: right;">Javier Recio</span>          |             |                   |
|--|-------------|-------------------|
|  | AM          | PM                |
| Lunes a Viernes  | 7:00 y 9:00 | 7:00, 8:00 y 9:00 |
| CALLANETICS <span style="float: right;">Aida Wiggins</span>              |             |                   |
|  | AM          | PM                |
| M-J  |             | 5:30              |
| FITNESS BAJO IMPACTO <span style="float: right;">Baltazar Fuentes</span> |             |                   |
|  | AM          | PM                |
| Lunes a Viernes  | 8:00        |                   |

## YOGA

| HATHA Intermedio    |       |      |                          |
|---------------------|-------|------|--------------------------|
|                     | AM    | PM   | Maestro                  |
| L-Mi-V              | 6:00  |      | Cesar Villanueva         |
| L-M-Mi-J-V          | 8:00  |      | Sara Pérez               |
| L-M-Mi-J            |       | 5:45 | Marisol Herrería         |
| ASHTANGA            |       |      |                          |
|                     | AM    | PM   | Maestro                  |
| L-Mi-V              | 9:00  |      | Ale Guizar (Hatha)       |
| M-Mi-J              |       | 7:00 | Mayte Cepeda             |
| KUNDALINI           |       |      |                          |
|                     | AM    | PM   | Maestro                  |
| M-J                 | 6:00  |      | Tara Deep                |
| M-Mi-J              | 9:00  |      | (Master Class) Jap Singh |
| M-J                 |       | 5:30 | Sirilivtar               |
| M-J                 |       | 7:00 | Manshant Kaur            |
| HATHA SUAVE         |       |      |                          |
|                     | AM    | PM   | Maestro                  |
| L-M-Mi-J-V          | 9:30  |      | Sara Pérez               |
| L-M-Mi-J            |       | 8:15 | (Senior) Claudia G.      |
| CURSO BÁSICO HATHA  |       |      |                          |
|                     | AM    | PM   | Maestro                  |
| L-Mi-V              | 8:00  |      | Marisol Herrería         |
| L-M-Mi              |       | 7:00 | Marisol Herrería         |
| PRENATAL            |       |      |                          |
|                     | AM    | PM   | Maestro                  |
| HATHA - Miércoles   |       | 7:00 | Claudia Aponte           |
| KUNDALINI - M-J     | 10:30 |      | Kiret Priya              |
| KUNDALINI - Lunes   |       | 7:00 | Kiret Priya              |
| HATHA GRUPAL MASTER |       |      |                          |
|                     | AM    | PM   | Maestro                  |
| L-M-Mi-J            |       | 8:15 | Marisol Herrería         |
| Viernes             |       | 7:15 | Marisol Herrería         |

## DANZA

| RITMOS CUBANOS <span style="float: right;">Adrian Puig</span>                 |                |                  |
|---|----------------|------------------|
|   | AM             | PM               |
| L-Mi-V  | 8:00 y 11:00   |                  |
| BAILE <span style="float: right;">Thalia Rincón</span>                        |                |                  |
|   | AM             | PM               |
| L-M-Mi-J-V  |                | 8:30             |
| DANZA AÉREA <span style="float: right;">Denisse Gordillo y David Pérez</span> |                |                  |
|   | AM             | PM               |
| L-M-Mi-J-V  |                | 5:30             |
| L-M-Mi-J  |                | 7:00             |
| Sábados   | 10:00          |                  |
| +6a L-M-Mi-J  |                | 4:00             |
| FLAMENCO  |                |                  |
|   | AM             | PM               |
| L-Mi  | Mague Guajardo | 7:00             |
| M-J   | Ivonne Reyes   | 8:00             |
| Minis +3 - Sabado   | 10:30          | Verónica Atilano |
| Minis +6 - Sabado   | 11:30          | Verónica Atilano |
| BALLET +9 <span style="float: right;">Adrian Puig</span>                      |                |                  |
|   | AM             | PM               |
| L-Mi  |                | 4:00             |
| PRE-BALLET y MINI BALLET <span style="float: right;">Nalleli Valdés</span>    |                |                  |
|   | AM             | PM               |
| +3 L-Mi   |                | 4:00             |
| +5 L-Mi   |                | 5:00             |
| Mini +1.6 Martes  |                | 4:30             |
| DANZA ÁRABE <span style="float: right;">Ruth Aisha</span>                     |                |                  |
|   | AM             | PM               |
| M-J   |                | 8:00             |