

COURSE SCHEDULE 2022



TIME	Monday	Tuesday	Wednesday	Thursday	Friday
08:00					
08:30					
09:00					
09:30					
10:00					
10:30					
11:00			POSTPARTUM PELVIC FLOOR		
11:30			POSTPARTUM PELVIC FLOOR		
12:00					HYPOPRESSIVE POSTURE GYM
12:30					HYPOPRESSIVE POSTURE GYM
13:00					
13:30					
14:00					
14:30					
15:00					
15:30					
16:00					
16:00					
16:30					
17:00				BIRTH PREPARATION	PILATES WOMAN SENIOR
17:30				BIRTH PREPARATION	PILATES WOMAN SENIOR
18:00		HYPOPRESSIVE POSTURE GYM		HYPOPRESSIVE POSTURE GYM	HYPOPRESSIVE POSTURE GYM
18:30		HYPOPRESSIVE POSTURE GYM		HYPOPRESSIVE POSTURE GYM	HYPOPRESSIVE POSTURE GYM
19:00					
19:30					
20:00					
20:30					
21:00					