



# INSTITUTO Mirta de Fussi

Pte.Roca 2176 - ROSARIO

- Tel : 481 5321 - 156 868265

## L U N E S

07:40 a 08:40 hs			Reformer			
08:50 a 09:50 hs			Reformer			
10:00 a 11:00 hs						
13:30 a 14:30 hs			Reformer			
14:40 a 15:40 hs					B P A	
15:50 a 16:50 hs						
17:00 a 18:00 hs		17:30 PWT				
18:10 a 19:10 hs						Ent. Funcional
19:20 a 20:20 hs	Embarazadas		Reformer			
20:30 a 21:30 hs			Reformer			Ent. Funcional

## M A R T E S

07:40 a 08:40 hs						
08:50 a 09:50 hs	Yoga Suave		Reformer			
10:00 a 11:00 hs	Yoga Total®		Reformer			
11:10 a 12:10 hs	Yoga Total®					
13:30 a 14:30 hs			Reformer			
14:40 a 15:40 hs					Equipos	
15:50 a 16:50 hs						
17:00 a 18:00 hs			Reformer			
18:10 a 19:10 hs			Reformer			Circ.Aeróbico
19:20 a 20:20 hs	Yoga Total®		Reformer			Circ.Aeróbico
20:30 a 21:30 hs	Yoga Total®					Circ.Aeróbico

## M I E R C O L E S

08:50 a 09:50 hs				Pil. BAE		
10:00 a 11:00 hs						Circ.Aeróbico
11:10 a 12:10 hs						
12:20 a 13:20 hs						
13:30 a 14:30 hs			Reformer			
14:40 a 15:40 hs						Ent. Funcional
15:50 a 16:50 hs						
17:00 a 18:00 hs						
18:10 a 19:10 hs						Ent. Funcional
19:20 a 20:20 hs	Embarazadas		Reformer		Equipos	

## J U E V E S

07:40 a 08:40 hs			Reformer			
08:50 a 09:50 hs	Yoga Suave		Reformer			
10:00 a 11:00 hs	Yoga Total®		Reformer			
11:10 a 12:10 hs	Yoga Total®					
13:30 a 14:30 hs			Reformer			
14:40 a 15:40 hs					Equipos	
15:50 a 16:50 hs		15:50 PWT				
17:00 a 18:00 hs		17:30 PWT	Reformer			
18:10 a 19:10 hs			Reformer			Circ.Aeróbico
19:20 a 20:20 hs	Yoga Total®		Reformer			Circ.Aeróbico
20:30 a 21:30 hs	Yoga Total®		Reformer			Circ.Aeróbico

## V I E R N E S

07:40 a 08:40 hs						Circ.Aeróbico
08:50 a 09:50 hs						Ent. Funcional
10:00 a 11:00 hs						Circ.Aeróbico
17:00 a 18:00 hs						
18:10 a 19:10 hs		18:40 PWT				
19:20 a 20:20 hs			Reformer			

## S A B A D O

08:50 a 09:50 hs	Yoga Total®					
10:00 a 11:00 hs						Circ.Aeróbico
11:10 a 12:10 hs						Circ.Aeróbico