

HORARIOS/SCHEDULE FITNESS

	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY	SABADO / SATURDAY	DOMINGO / SUNDAY
9.30	CYCLING	ACTIVATE FITNESS	CYCLING	FITBALL TRAINING	CYCLING		
10.00							INICIACIÓN AL YOGA
10.30	TRX	ACTIVATE FUNCIONAL	STEP INICIACIÓN AL YOGA	GAP	ACTIVATE CORE (30')	ACTIVATE PUMP	ACTIVATE FUNCIONAL
11.00							
11.30	POLE DANCE					POLE DANCE	POLE DANCE/ARO
15.00	GAP		CYCLING		ACTIVATE FUNCIONAL		
18.00	ACTIVATE FUNCIONAL	TRX BEACH VOLLEY	CYCLING ACTIVATE FITNESS	GAP	INICIACIÓN AL YOGA ACTIVATE FUNCIONAL		
18.10					POLE DANCE/ARO		
19.00	CARDIO BOX	FITBALL TRAINING ZUMBA BALLET	ACTIVATE PUMP	POUND® BALLET			
19.10	POLE DANCE		POLE DANCE		POLE DANCE		
20.00					STRETCHING (40')		

SE REQUIERE RESERVA PREVIA PARA TODAS LAS CLASES / PRIOR RESERVATION IS REQUIRED FOR ALL CLASSES
DESCÁRGATE NUESTRA APP / DOWNLOAD OUR APP

DURACIÓN - DURATION CLASSES: YOGA 90 MIN, FITNESS 50 MIN

07/2019
■ LAS CLASES MARCADAS EN AZUL TIENEN UN COSTE ADICIONAL
CLASSES IN BLUE HAVE AN EXTRA FEE

SUJETO A CAMBIOS / SUBJECT TO CHANGE

TEL. 822 070 037