

Fitness Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
8.30										9.00			
9.30	CYCLING	TRX BALLET FIT		CYCLING HATHA YOGA *		ACTIVATE FUERZA BALLET FIT		CYCLING		HATHA YOGA *			
10.00													
10.30	ACTIVATE CORE STRONG 30'	POLE DANCE		GAP		ACTIVATE CORE STRONG 30' POLE DANCE BALLET FIT		AIR YOGA *					CLOSED
11.30						STRETCHING 30'		POLE DANCE					
18.00	POLE DANCE ACTIVATE FUERZA	CYCLING AIR YOGA *		CYCLING POLE DANCE		GAP		CYCLING		17.00 CLOSED			
19.00	HATHA YOGA * STRETCHING 30'	LATIN RHYTHMS INITIATION 30'		ACTIVATE CORE STRONG 30'		LATIN RHYTHMS ADVANCED HATHA YOGA *		ACTIVATE CORE STRONG 30' SENIOR POLE DANCE					
19.30				ACTIVATE FUNCIONAL STRONG 30'				ACTIVATE FUNCIONAL STRONG 30'					
19.45		BALLET FIT				BALLET FIT							

SPORTS CLUB SCHEDULE:

(*) EXTRA CHARGE

MONDAY TO FRIDAY
07.00 - 21.00 h.

SATURDAY
09.00 - 17.00 h.

SUNDAY
CLOSED

SUBJECT TO CHANGE
TEL. 822 070 037