

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	YOGA AEREO REGENERATIVO	POLE DANCE		ACTIVATE CORE STRONG 30'		ACTIVATE CORE STRONG 30' POLE DANCE		AIR YOGA *					
11.30						STRETCHING 30'		POLE DANCE					
18.00	POLE DANCE ACTIVATE FUERZA	CYCLING AIR YOGA *		CYCLING POLE DANCE		GAP YOGA AEREO REGENERATIVO		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' HELLS POLE DANCE					
19.30				ACTIVATE FUNCIONAL STRONG 30'									
19.45		BALLET FIT				BALLET FIT							

CLOSED

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