

Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30						9.00	CLOSED
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			

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