

HORARIO DE ACTIVIDADES DIRIGIDAS SEMANA SANTA 2019 / CLASS SCHEDULE EASTER 2019

	LUNES 22/4 MONDAY	MARTES/ TUESDAY	MIÉRCOLES/ WEDNESDAY	JUEVES 18/3 THURSDAY	VIERNES 19/3 FRIDAY	SÁBADO/ SATURDAY	DOMINGO/ SUNDAY	
07.30		TRX & CORE 50'						07.30
08.30		PILATES 50'	SWIMMING 50'					08.30
		GAP 50'	CROSS TRAINING 50'					
09.00			HYPOPRESSURE 30'* BEGINNERS YOGA 75'			YOGA 75'		09.00
09.30	CYCLING 50' YOGA 75' SWIMMING 50'	CYCLING 50' BODY BALANCE 50'	CYCLING 50' SWIMMING 50' AEROBICS 50' TAI CHI 50'	CYCLING 50' YOGA 75' SWIMMING 50'	CYCLING 50' YOGA 75' SWIMMING 50'	CYCLING 50'	BODY PUMP 50'	09.30
10.00							HIIT 20'	10.00
10.30	PILATES 50' CROSS TRAINING 50'	YOGA 75' TBC 50' PILATES MACHINES*	BODY PUMP 50' PILATES 50'	PILATES 50' CROSS TRAINING 50'	BODY PUMP 50'	BODY PUMP 50' CROSS TRAINING 50' HEALTHY BACK 50'	TRX & CORE 50' HEALTHY BACK 50'	10.30
11.00					HYPOPRESSURE 30'*			
11.30	BODY PUMP 50' PILATES 50'	FIT PILATES 50' SWIMMING 50' SPA EXPERIENCE 75'*	DANCE 50' STRETCHING 50' PILATES MACHINES*	PILATES 50' BODY PUMP 50'	PILATES 50' CROSS TRAINING 50'	CYCLING 50' AQUAGYM 50' TRX & CORE 50'	CYCLING 50' AQUAGYM 50' YOGA 75' SPA EXPERIENCE 75'*	11.30
12.30	HEALTHY BACK 50' FIT BOXING 50'	PILATES 50'	BEGINNER STEP 50'	TRX & CORE 50' HEALTHY BACK 50'	HEALTHY BACK 50' TRX & CORE 50'	PILATES 50'	SWIMMING 50'	12.30
13.00			HYPOPRESSURE 30'* CORE EXPRESS 30'					13.00
13.30	AQUAGYM 50'	CROSS TRAINING 50' HEALTHY BACK 50'	FIT PILATES 50' TRX & CROSS 50'	HYPOPRESSURE 30'*	AQUAGYM 50'	YOGA 55'	PILATES 50'	13.30
14.30		CYCLING 50' FIT PILATES 50'	CROSS TRAINING 50'					14.30
15.30		TBC 50' STRETCHING 50'	CYCLING 50' RUNNING 50'					15.30
16.30	PILATES 50'	TRX & CORE 50'	TRX & CORE 50'	TRX & CORE 50'	CROSS TRAINING 50'	SPA EXPERIENCE 75'*	TRX & CORE 50'	16.30
17.00		TAI CHI 50'	HYPOPRESSURE 30'*					17.00
17.30	TBC 50'	GAP 50'	TBC 50'	CROSS TRAINING 50'	TBC 50'	CROSS TRAINING 50'	TBC 50'	17.30
18.00		HIIT 40'	STRETCHING 50'					18.00
18.30	CYCLING 50' YOGA 75'	YOGA 75' CROSS TRAINING 50' CYCLING 50' STEP 50'	FIT PILATES 50' CYCLING 50' CROSS TRAINING 50'	CYCLING 50'	CYCLING 50' PILATES 50'	CYCLING 50'	PILATES 50'	18.30
19.00			YOGA 75'					19.00
19.30	PILATES 50'	FIT BOXING 50' DANCE 50' PILATES 50'	BODY PUMP & CX 50' CYCLING 50'	CX & HIIT 50'	STRETCHING 50'	CORE & STRETCHING 50'		19.30
20.00								20.00
20.30		GAP 50'	CORE EXPRESS 30'					20.30

*Reservation in advance required/ Reservar con antelación.