

# SPORT PROGRAMME



	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY		NIVELES LEVELS	
08:00								08:00		TODOS ALL LEVELS
08:30								08:30		
08:45								08:45		PRINCIPIANTE BEGGINERS
09:00	CIRCUIT TRAINING 	CYCLING TRAINING 	CIRCUIT TRAINING 	CYCLING TRAINING 	FULL BODY 			09:00		
09:15										09:15
09:30	TRX 		TRX 		CORE 			09:30		
09:45										09:45
10:00								10:00		
10:15								10:15		PUNTO DE ENCUENTRO MEETING POINT
10:30								10:30		
11:00								11:00		
11:15					TRX 			11:15		PLAZA VERDE
11:30		SWIMMING TRAINING 						11:30		
11:45								11:45		STRETCHING ROOM
12:00								12:00		
12:30								12:30		RECEPTION
12:45		CORE 		CORE 				12:45		
13:00								13:00		CABARET
13:30								13:30		
14:00								14:00		GYM
14:30								14:30		
14:45								14:45		
15:00	FULL BODY 	TRX +FITBALL 	FULL BODY 	TRX +FITBALL 				15:00		
15:30								15:30		
15:45								15:45		
16:00								16:00		
16:30								16:30		
16:45								16:45		
17:00	GYM TRAINING 	SWIMMING TRAINING 		GYM TRAINING 				17:00		
17:30								17:30		
17:45								17:45		
18:00	SWIMMING TRAINING 	YOGA 		SWIMMING TRAINING 	YOGA 			18:00		
18:30								18:30		
18:45								18:45		
19:00								19:00		
19:30								19:30		
20:00	PILATES 		PILATES 					20:00		
20:30								20:30		
21:00		BRAZILIAN JIU JIT- SU 		BRAZILIAN JIU JITSU 	BRAZILIAN JIU JITSU 			21:00		
21:30								21:30		
22:00								22:00		

