

# SPORT PROGRAMME



	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY		NIVELES LEVELS					
08:00								08:00						
08:30								08:30		TODOS ALL LEVELS				
08:45								08:45						
09:00	<b>TRX</b> 	<b>CIRCUIT TRAINING</b> 	<b>CORE</b> 	<b>TRX + FITBALL</b> 	<b>TRX</b> 			09:00		PRINCIPIANTE BEGGINERS				
09:15											09:15			
09:30												09:30		MEDIO MEDIUM
09:45												09:45		AVANZADO ADVANCED
10:00								10:00						
10:15								10:15						
10:30								10:30						
11:00								11:00		PUNTO DE ENCUENTRO				
11:15								11:15						
11:30								11:30		MEETING POINT				
11:45								11:45						
12:00								12:00		PLAZA VERDE				
12:30								12:30						
12:45								12:45		STRETCHING ROOM				
13:00								13:00						
13:30								13:30		RECEPTION				
14:00								14:00						
14:30								14:30		GYM				
14:45								14:45		CABARET				
15:00								15:00						
15:30								15:30						
15:45								15:45						
16:00								16:00						
16:30								16:30						
16:45								16:45						
17:00		<b>SWIMMING TRAINING</b> 		<b>SWIMMING TRAINING</b> 				17:00						
17:30									17:30					
17:45									17:45					
18:00	<b>SWIMMING TRAINING</b> 							18:00						
18:30								18:30						
18:45								18:45						
19:00								19:00						
19:30								19:30						
20:00	<b>PILATES</b> 		<b>PILATES</b> 					20:00						
20:30								20:30						
21:00									21:00					
21:30								21:30						
22:00								22:00						

