

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	TRX 		CORE 		TRX 			09:00		PRINCIPIANTE BEGGINERS
09:15								09:15		
09:30								09:30		
09:45								09:45		
10:00		CIRCUIT TRAINING 		TRX + FITBALL 				10:00		MEDIO MEDIUM
10:15							10:15			
10:30							10:30			
11:00							11:00			
11:15								11:15		PLAZA VERDE
11:30								11:30		
11:45								11:45		STRETCHING ROOM
12:00								12:00		
12:30								12:30		RECEPTION
12:45								12:45		
13:00								13:00		CABARET
13:30								13:30		
14:00								14:00		
14:30								14:30		GYM
14:45								14:45		
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	SWIMMING TRAINING 	SWIMMING TRAINING 						17:00		
17:30								17:30		
17:45								17:45		
18:00								18:00		
18:30								18:30		
18:45								18:45		
19:00								19:00		
19:30								19:30		
20:00								20:00		
20:30								20:30		
21:00								21:00		
21:30								21:30		
22:00								22:00		

PUNTO DE ENCUENTRO
MEETING POINT

PLAZA VERDE

STRETCHING ROOM

RECEPTION

CABARET

GYM

