

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 	CIRCUIT TRAINING 	CORE 	TRX + FITBALL 	TRX 			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 MEETING POINT				
11:15								11:15						
11:30								11:30		PLAZA VERDE				
11:45								11:45						
12:00								12:00		STRETCHING ROOM				
12:30								12:30						
12:45								12:45		RECEPTION				
13:00								13:00						
13:30								13:30		CARPET				
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		YOGA 		YOGA 				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								21:00						
21:30								21:30						
22:00								22:00						

