

SPORT PROGRAMME



	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY		NIVELES LEVELS	
08:30		CIRCUIT TRAINING	TRX	CIRCUIT TRAINING			SOCIAL RIDE	08:30		
08:45								08:45		
09:00		👍	👍	👍				09:00		
09:15								09:15		
09:30	GYM TRAINING 👍							09:30		
09:45								09:45		
10:00								10:00		
10:15								10:15		
10:30								10:30		
10:45								10:45		
11:00								11:00		
11:15							11:15			
11:30		SWIMMING TRAINING 👍		SWIMMING TRAINING 👍			11:30	PLAZA VERDE		
11:45							11:45			
12:00							12:00	STRETCHING ROOM		
12:30							12:30			
12:45							12:45			
13:00							13:00			
13:30							13:30	RECEPTION		
14:00							14:00			
14:15							14:15			
14:30							14:30			
14:45							14:45			
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17:45							17:45			
18:00					CIRCUIT TRAINING 👍		18:00			
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18:30							18:30			
18:45							18:45			
19:00							19:00			
19:15							19:15			
19:30							19:30			
20:00		BRAZILIAN JIUJITSU		BRAZILIAN JIUJITSU	BRAZILIAN JIUJITSU		20:00			
21:00								21:00		
21:30								21:30		

NIVELES LEVELS

- 👍 TODOS ALL LEVELS
- 👍👍 PRINCIPIANTE BEGGINERS
- 👍👍👍 MEDIO MEDIUM
- 👍👍👍👍 AVANZADO ADVANCED

PUNTO DE ENCUENTRO MEETING POINT

- PLAZA VERDE
- STRETCHING ROOM
- RECEPTION
- CABARET
- GYM

