

# SPORT PROGRAMME



	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY		NIVELES LEVELS	
08:30							SOCIAL RIDE	08:30		
08:45								08:45		
09:00		TRX 👍		TRX 👍				09:00	👍	TODOS ALL LEVELS
09:15								09:15	👍	PRINCIPIANTE BEGGINERS
09:30								09:30	👍	MEDIO MEDIUM
09:45								09:45	👍	AVANZADO ADVANCED
10:00								10:00		
10:15								10:15		
10:30								10:30		
10:45								10:45		
11:00								11:00		
11:15								11:15		
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12:00							12:00			
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14:30							14:30			
14:45							14:45			
15:00							15:00			
15:15							15:15			
15:30	CIRCUIT TRAINING 👍		CIRCUIT TRAINING 👍				15:30			
15:45							15:45			
16:00	TRIACTIV KIDS TRAINING 👍		TRIACTIV KIDS TRAINING 👍				16:00			
16:15							16:15			
16:30							16:30			
16:45							16:45			
17:00							17:00			
17:15							17:15			
17:30							17:30			
17:45							17:45			
18:00		YOGA 👍		YOGA 👍			18:00			
18:15							18:15			
18:30							18:30			
18:45							18:45			
19:00							19:00			
19:15							19:15			
19:30							19:30			
20:00	PILATES 👍	BRAZILIAN JIUJITSU 👍	PILATES 👍	BRAZILIAN JIUJITSU 👍	BRAZILIAN JIUJITSU 👍		20:00			
21:00										21:00
21:30							21:30			

PUNTO DE ENCUENTRO  
MEETING POINT

- PLAZA VERDE
- STRETCHING ROOM
- RECEPTION
- CABARET

