

# SPORT PROGRAMME



	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY	
08:00								08:00
08:30								08:30
08:45								08:45
09:00	LBT	LADIES RUNNING	CIRCUIT TRAINING	WALK - RUN				09:00
09:15								09:15
09:30								09:30
09:45								09:45
10:00								10:00
10:15								10:15
10:30								10:30
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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			OPEN WATER	CYCLING				16:45
17:00								17:00
17:30								17:30
17:45								17:45
18:00							RUNNING	18:00
18:30		GYM		GYM				18:30
18:45	TRX							18:45
19:00								19:00
19:30			TRX					19:30
19:45								20:00
20:00								20:30
21:00								21:00
21:30								21:30
22:00								22:00

NIVELES LEVELS	
	TODOS ALL LEVELS
	PRINCIPIANTE BEGGINERS
	MEDIO MEDIUM
	AVANZADO ADVANCED

	SALA ESTIRAMIENTOS STRETCHING ROOM
	PLAZA VERDE PLAZA VERDE
	RECEPCION RECEPTION
	GIMNASIO GYM

Para la actividad de "OPEN WATER", se debe hacer reserva.  
 Contactar:  
 +34 682 671 157

OPEN WATER activity **MUST** be reserved.  
 Contact:  
 +34 682 671 157

