

SPORT PROGRAMME



	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY	
08:00								08:00
08:30							SOCIAL RIDE	08:30
08:45								08:45
09:00								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
11:00								11:00
11:15							11:15	
11:30		SWIMMING TRAINING		SWIMMING TRAINING			11:30	
11:45		👍		👍			11:45	
12:00	CIRCUIT TRAINING						12:00	
12:30	👍						12:30	
12:45							12:45	
13:00							13:00	
13:30							13:30	
14:00			CIRCUIT TRAINING		TRX		14:00	
14:30			👍		👍		14:30	
14:45							14:45	
15:00			TRX		CORE		15:00	
15:30			👍		👍		15:30	
15:45							15:45	
16:00		TRX		CIRCUIT TRAINING			16:00	
16:30		👍		👍			16:30	
16:45							16:45	
17:00							17:00	
17:30	GYM TRAINING						17:30	
17:45	👍						17:45	
18:00				CIRCUIT TRAINING			18:00	
18:15				👍			18:15	
18:30							18:30	
18:45							18:45	
19:00							19:00	
19:30							19:30	
20:00							20:00	
20:30	BRAZILIAN JIU JITSU	BRAZILIAN JIU JITSU					20:30	
21:30	👍	👍					21:30	
22:00							22:00	

NIVELES LEVELS

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

PUNTO DE ENCUENTRO MEETING POINT

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

