

# SPORT PROGRAMME



|       | LUNES<br>MONDAY          | MARTES<br>TUESDAY          | MIÉRCOLES<br>WEDNESDAY | JUEVES<br>THURSDAY         | VIERNES<br>FRIDAY          | SÁBADO<br>SATURDAY | DOMINGO<br>SUNDAY |       | NIVELES<br>LEVELS |                                     |
|-------|--------------------------|----------------------------|------------------------|----------------------------|----------------------------|--------------------|-------------------|-------|-------------------|-------------------------------------|
| 08:00 |                          |                            |                        |                            |                            |                    |                   | 08:00 |                   | TODOS<br>ALL LEVELS                 |
| 08:30 |                          |                            |                        |                            |                            |                    |                   | 08:30 |                   |                                     |
| 08:45 |                          |                            |                        |                            |                            |                    |                   | 08:45 |                   | PRINCIPIANTE<br>BEGGINERS           |
| 09:00 | CIRCUIT<br>TRAINING<br>  | CYCLING<br>TRAINING        |                        | CYCLING<br>TRAINING        | FULL BODY<br>              |                    | SOCIAL<br>RIDE    | 09:00 |                   |                                     |
| 09:15 |                          |                            |                        |                            |                            |                    |                   |       | 09:15             |                                     |
| 09:30 |                          |                            |                        |                            |                            |                    |                   | 09:30 |                   | AVANZADO<br>ADVANCED                |
| 09:45 | TRX<br>                  |                            |                        |                            | CORE<br>                   |                    |                   | 10:00 |                   |                                     |
| 10:15 |                          |                            |                        |                            |                            |                    |                   |       |                   |                                     |
| 10:30 |                          |                            |                        |                            |                            |                    |                   | 10:30 |                   | PUNTO DE ENCUENTRO<br>MEETING POINT |
| 11:00 |                          |                            |                        |                            |                            |                    |                   | 11:00 |                   |                                     |
| 11:15 |                          |                            |                        |                            | TRX<br>                    |                    |                   | 11:15 |                   | PLAZA VERDE                         |
| 11:30 |                          | SWIMMING<br>TRAINING<br>   |                        |                            |                            |                    |                   | 11:30 |                   |                                     |
| 11:45 |                          |                            |                        |                            |                            |                    |                   | 11:45 |                   |                                     |
| 12:00 |                          |                            |                        |                            |                            |                    |                   | 12:00 |                   | RECEPTION                           |
| 12:30 |                          |                            |                        |                            |                            |                    |                   | 12:30 |                   |                                     |
| 12:45 |                          |                            |                        |                            |                            |                    |                   | 12:45 |                   |                                     |
| 13:00 |                          |                            |                        |                            |                            |                    |                   | 13:00 |                   | CABARET                             |
| 13:30 |                          |                            |                        |                            |                            |                    |                   | 13:30 |                   |                                     |
| 14:00 |                          |                            |                        |                            |                            |                    |                   | 14:00 |                   | GYM                                 |
| 14:30 |                          |                            |                        |                            |                            |                    |                   | 14:30 |                   |                                     |
| 14:45 |                          |                            |                        |                            |                            |                    |                   | 14:45 |                   |                                     |
| 15:00 |                          | TRX +FITBALL<br>           | TRX<br>                | TRX +FITBALL<br>           |                            |                    |                   | 15:00 |                   |                                     |
| 15:30 |                          |                            |                        |                            |                            |                    |                   |       |                   | 15:30                               |
| 15:45 |                          |                            |                        |                            |                            |                    |                   | 15:45 |                   |                                     |
| 16:00 |                          |                            |                        |                            |                            |                    |                   | 16:00 |                   |                                     |
| 16:30 |                          |                            |                        |                            |                            |                    |                   | 16:30 |                   |                                     |
| 16:45 |                          |                            |                        |                            |                            |                    |                   | 16:45 |                   |                                     |
| 17:00 | GYM<br>TRAINING<br>      |                            |                        | FUNCIONAL<br>TRAINING<br>  |                            |                    |                   | 17:00 |                   |                                     |
| 17:30 |                          |                            |                        |                            |                            |                    |                   | 17:30 |                   |                                     |
| 17:45 |                          |                            |                        |                            |                            |                    |                   | 17:45 |                   |                                     |
| 18:00 | SWIMMING<br>TRAINING<br> | SWIMMING<br>TRAINING<br>   | YOGA<br>               | YOGA<br>                   |                            |                    |                   | 18:00 |                   |                                     |
| 18:30 |                          |                            |                        |                            |                            |                    |                   |       |                   | 18:30                               |
| 18:45 |                          |                            |                        |                            |                            |                    |                   | 18:45 |                   |                                     |
| 19:00 |                          |                            |                        |                            |                            |                    |                   | 19:00 |                   |                                     |
| 19:30 |                          |                            |                        |                            |                            |                    |                   | 19:30 |                   |                                     |
| 20:00 | PILATES<br>              |                            | PILATES<br>            |                            |                            |                    |                   | 20:00 |                   |                                     |
| 20:30 |                          |                            |                        |                            |                            |                    |                   | 20:30 |                   |                                     |
| 21:00 |                          | BRAZILIAN<br>JIU JITSU<br> |                        | BRAZILIAN<br>JIU JITSU<br> | BRAZILIAN<br>JIU JITSU<br> |                    |                   | 21:00 |                   |                                     |
| 21:30 |                          |                            |                        |                            |                            |                    |                   |       | 21:30             |                                     |
| 22:00 |                          |                            |                        |                            |                            |                    |                   | 22:00 |                   |                                     |

