

SPORT PROGRAMME



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

