

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		PRINCIPIANTE BEGGINERS	
09:00		CIRCUIT TRAINING 			TRX 			09:00			
09:15							09:15			MEDIO MEDIUM	
09:30							09:30				AVANZADO ADVANCED
09:45							09:45				
10:00								10:00			
10:15								10:15		PUNTO DE ENCUENTRO MEETING POINT	
10:30								10:30			
11:00								11:00			
11:15								11:15		PLAZA VERDE	
11:30								11:30			
11:45								11:45		STRETCHING ROOM	
12:00								12:00			
12:30								12:30		RECEPTION	
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 	CORE 				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 TRAINING 	SWIMMING TRAINING 	SWIMMING TRAINING 	GYM TRAINING 	SWIMMING TRAINING 			17:00			
17:30											17:30
17:45								17:45			
18:00	SWIMMING TRAINING 			SWIMMING TRAINING 	SWIMMING TRAINING 			18:00			
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 	BRAZILIAN JIU JITSU 			20:30			
21:00									21:00		
21:30									21:30		
22:00								22:00			

