





	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	and the second se	NIVELES	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		LEVELS	
08:00								08:00		TODOS
08:30								08:30		ALL LEVELS
08:45								08:45		PRINCIPIANTE
09:00								09:00		BEGGINERS
09:15								09:15		MEDIO
09:30								09:30		MEDIUM
09:45								09:45		AVANZADO
10:00								10:00		ADVANCED
10:15								10:15		
10:30								10:30	PUNTO D	E ENCUENTRO
11:00 11:15								11:00 11:15	MEETING POINT	
11:15		SWIMMING		SWIMMING				11:30		
11:45		TRAINING		TRAINING				11:45	PLA	ZA VERDE
12:00		AQUA		AQUA				12:00		
12:30		GYM		GYM				12:30	STRETCHING ROOM	
12:45								12:45		
13:00								13:00	RE(
13:30								13:30		
14:00			CIRCUIT					14:00		DADET
14:30			TRAINING					14:30		GYM
14:45			1					14:45		
15:00	TRX	CIRCUIT	TRX		CORE			15:00		
15:30		TRAINING	1		- 1			15:30	- <u></u>	
15:45					1			15:45		
16:00		TDV		CIRCUIT				16:00		
16:30		TRX		TRAINING				16:30		
16:45								16:45		
17:00								17:00		
17:30		SWIMMING TRAINING		SWIMMING TRAINING				17:30		
17:45	GYM TRAINING							17:45		
18:00		YOGA		YOGA				18:00		
18:30		SWIMMING TRAINING		SWIMMING TRAINING				18:30		
18:45								18:45		
19:00				i				19:00		
19:30								19:30		
20:00	PILATES		PILATES					20:00		
20:30								20:30		
21:00		BRAZILIAN		BRAZILIAN	BRAZILIAN			21:00		
21:30		ΙΙU JITSU		JIU JITSU	JIU JITSU			21:30		
22:00								22:00		SANDS



24.10.2022